BASKET CASE: What to buy (and avoid) at the grocery store | **Inside**

express

A PUBLICATION OF The Washington Post | LIVE ALL DAY AT WWW.READEXPRESS.COM | JUNE 13, 2006 | >> FREE <<

Tuesday

CHRIS O'MEARA/AP

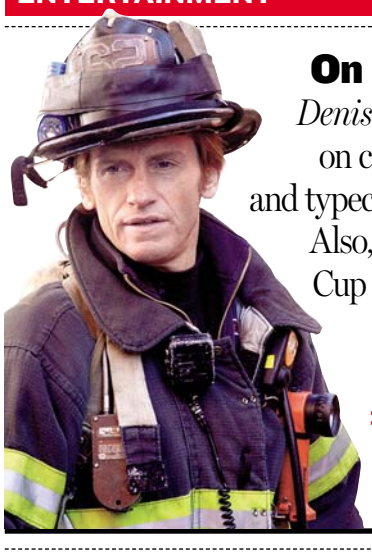
A Floridian battles Tropical Storm Alberto.

Alberto Alert: Thousands evacuate Fla. ahead of storm | 3

Crime Rise: FBI data shows increase in murder, assault | 4

Ben Wrecks: Steelers QB seriously hurt in motorcycle accident | 23

ENTERTAINMENT

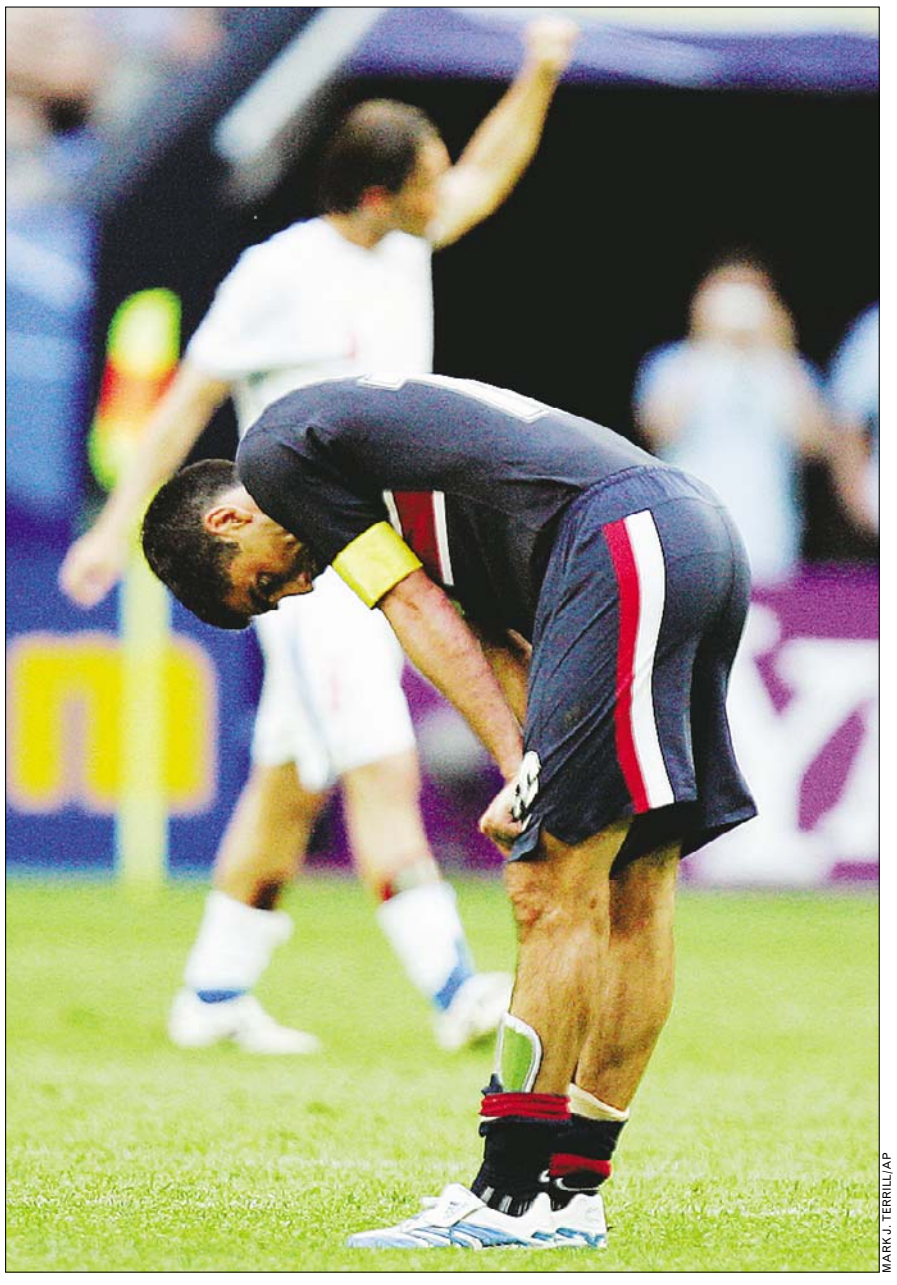


On Fire: *Denis Leary* on comedy and typecasting. Also, World Cup music; Cheap Trick. >> 11-14

Weather >> Mostly Sunny

82 | 64

FULL FORECAST ON PAGE 34


MARK J. TERRILL/AP

U.S. Blanked in Cup Opener

REALITY CZECH: Captain Claudio Reyna reacts after the U.S. soccer team is shut out 3-0 by the Czech Republic in both teams' opening match of the World Cup in Gelsenkirchen, Germany, on Monday. The loss put the Americans, who had high hopes entering the Cup, in great danger of being eliminated in the first round. ✤ **Italy rolls:** "Danger man" scores in 2-0 win over Ghana | **Page 15**

Zarqawi's Death in Full Detail

Autopsy dispels accusation al-Qaeda leader was shot

BAGHDAD, IRAQ | A medic spent about 20 minutes trying to save Abu Musab al-Zarqawi even as blood ran from the terrorist's mouth after the airstrike that mortally wounded him, the U.S. military said Monday.

al-Zarqawi

But the leader of al-Qaeda in Iraq was not wearing the suicide belt he vowed to use if American soldiers ever caught him.

Seeking to dispel allegations that al-Zarqawi was beaten or shot while in U.S. custody, Maj. Gen. William Caldwell said an autopsy performed Saturday proved the Jordanian-born militant died of "massive internal injuries" that were consistent with a blast caused by the two 500-pound bombs dropped on his hideout.

Col. Steve Jones, command surgeon for Multinational Forces, said DNA tests done by the FBI positively identified al-Zarqawi.

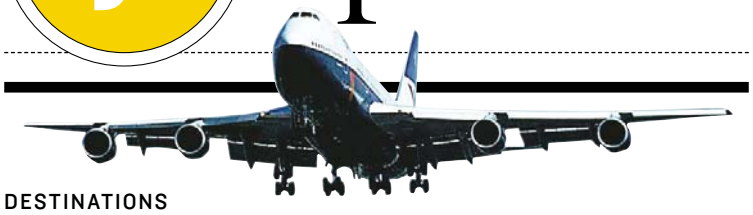
The cause of death was listed as "primary blast injury of the lung," with blast waves from the two bombs causing bruising and bleeding of the organs. Al-Zarqawi suffered multiple bruises, scratches and deep head wounds. X-rays also showed a fracture of his right lower leg.

"All the injuries found were consistent with the type seen in blast victims," Jones said. KIM GAMEL (AP)

✤ **Zarqawi successor:** Al-Qaeda in Iraq names a new leader in the wake of last week's bombings | **Page 6**

ON THE JOB | **Reconstruct the Scene** A man wanted by police on drug charges was caught by officials at his workplace — helping to build the FBI's headquarters in San Antonio, United Press International reported. A background check of employees uncovered a warrant for Michael King's arrest. When confronted, he tried to escape, seeking the help of other construction workers. But instead, they attracted the attention of a police helicopter and gave him up. (EXPRESS) **EyeOpeners** | **Page 2**

eyeOpeners



DESTINATIONS

This Is How Manchester Gets All Its Tourism

Before this week, Jim Hourihan of Liverpool, England, had never heard of Manchester, N.H. But he ended up there while trying to fly to the one on the other side of the Atlantic. Hourihan boarded a Continental Airlines flight in Los Angeles on June 5, but it wasn't until he got on a connecting flight in Cleveland — a 50-seat regional jet — that he realized he was headed to New England instead of jolly old England. "When I first saw the plane I thought, 'That's not going to Manchester, England,'" Hourihan said. "And it was then that it dawned on me. There must be two Manchesters." After a stay in Manchester, N.H., Continental booked Hourihan on a flight home at no extra charge. (AP)

TOILETS

Now, Everyone Can Feel Like a Perv

Kuala Lampur's plan to place designer urinals — with such shapes as musical instruments or open mouths — in public restrooms is angering many residents, Deutsche Presse-Agentur reported. The hope is that the move will make restrooms more attractive, deputy housing and local government minister Robert Lau said, however, many in the city have called the replacements — especially ones that look like open mouths with red lips, including one of a clown's mouth — vulgar and a waste of taxpayers' funds. (EXPRESS)

KOICHI HARADA/AP

SPORTS

Feather Ball

A carrion crow wearing a Japan national soccer jersey dribbled a miniature ball toward a goal at Tokuyama Zoo in Shunan, Japan, on Sunday, a day before the Japanese squad — the human ones — faced Australia in the opening game of Group F at the World Cup in Germany. The four crows at the zoo use their beaks to dribble toward the goal, sometimes tackling each other for possession before scoring, according to a head zookeeper. (AP)

If at first a fish fryer sets the entire fire station ablaze — try, try again.

LEARNING FROM MISTAKES

This Next Fundraiser Is Just to Tempt Fate

The Livingston, Ky., volunteer fire department had to fight a fire in its own firehouse Saturday when a fryer, warming up for a fish-fry fundraiser to be held that day, ignited a blaze, WKYT-TV reported. A half-hour after the fryer was pre-heated, the station was alight with a grease fire. Firefighters say the entire facility will need to be renovated, and they are planning another fish fry to help pay for repairs. (EXPRESS)

SHARE FARES℠

SHARE FARES.℠

Travel in small groups and SAVE BIG.

SAVE UP TO 50%

Now groups of three to six can save 25% to 50% on fares throughout the Northeast.

Visit AMTRAK.COM *or call* 1-800-USA-RAIL | *Use code*: H620

AMTRAK®

This offer is valid for up to six (6) passengers traveling together in coach. The first two (2) passengers are at regular (full) adult rail fare, or may use the AAA adult, Student Advantage, Veterans Advantage and NARP discounted rail fares. Passengers three (3) through six (6) will receive a seventy-five (75) percent off discount from the regular (full) adult rail fare. This offer is nonrefundable. Reservations must be made at least three (3) days prior to departure. Seating is limited and subject to availability. The companion(s) and paid adults must travel together at all times and have tickets issued at the same time. This offer is valid for sale between 21Apr06-11Dec06 and for travel between 24Apr06-14Dec06. This offer is valid for travel on the following services: Northeast Corridor Regional Trains between BOS/SPG-WAS, (not valid on Acela Express, Metroliners, Clockers, Downeasters and Keystones), Empire Corridor Service between ALB-NYP and the 7000-8999 series Thruways. Blackouts apply for the following dates: 26-29May06, 01-04Sep06, 06-09Oct06, 09-12Nov06, 21-28Nov06. Once travel has begun, no changes to the itinerary are permitted. Fares, routes and schedules are subject to change without notice. Other restrictions may apply. Refer to Discount Code H620. Amtrak, Acela Express and Metroliner are registered service marks of the National Railroad Passenger Corporation.

DIPLOMATS IN THE DARK: The Cuban government cut off electricity to the U.S. diplomatic mission in Havana a week ago, and U.S. requests for power to be restored have gone unanswered, the State Department said Monday.

Nation

In Brief

BOYNTON BEACH, FLA.

Hoax Suspected in Report Of Missing Family on Boat

A distress call from nine people aboard a boat sinking in the Atlantic Ocean might have been a hoax, the Coast Guard said Monday. "There are some elements that just don't add up," Lt. Cmdr. Chris O'Neil said. "If you listen to that tape, the voice of that person doesn't sound like he's particularly stressed." The Coast Guard began searching the coastal waters after receiving the radio distress call late Sunday from a man who said a 33-foot powerboat called Blue Sheep was sinking. (AP)

TALLAHASSEE, FLA.

Food Writer's Equipment Causes Airport Evacuation

A bag belonging to a food editor for Saveur magazine was blamed for a three-hour shutdown and evacuation of the Tallahassee airport Monday, authorities said. The bag, containing recording equipment, honey, an oyster shell and seasoning rub looked suspicious when Transportation Security Administration officers scanned the carry-on luggage, and was nearly detonated, police said. (AP)

Liberal Lunch Special

→ At a Democratic luncheon Monday, Sen. Harry Reid threw his support behind liberal calls for a troop fallback in Iraq, Dana Milbank writes. | Today, A Section

IN The Washington Post

Alberto Prompts Hurricane Warning

Evacuation order put in effect for Fla. coast ahead of tropical storm

CEDAR KEY, FLA. | More than 20,000 people along Florida's Gulf Coast were ordered to clear out Monday as Alberto — the very first tropical storm of the new hurricane season — unexpectedly picked up steam and threatened to come ashore as a hurricane.

Forecasters posted a hurricane warning for the Gulf Coast and a tropical storm warning from north of Daytona Beach to the Georgia-South Carolina line, saying Alberto could begin battering the coast early Tuesday. Gov. Jeb Bush signed a declaration of emergency allowing him to call up the National Guard and enact laws against price gouging.

BRENDEN FITTERER/AP

DOWNPOUR: Rain from Tropical Storm Alberto soaks Ed Schippan as he waits for a bus in New Port Richey, Fla., on Monday. Alberto gained wind speed early in the day.

If Alberto came ashore as a hurricane, it would be the earliest hurricane in 40 years to hit the United States, according to the National Hurricane Center.

Alberto started as a tropical depression on Saturday, and forecasters over the weekend were confident it would not become a hurricane. But the storm's winds accelerated with startling speed from 50 mph to 70 mph in just three hours Monday morning. The minimum for a hurricane is 74 mph.

Forecasters said Alberto would probably become only a weak Category 1 hurricane, meaning winds of 74 mph to 95 mph, because the warm water from which hurricanes draw their strength is not particularly deep in the area. MITCH STACY (AP)

Justices Weigh Lethal Injections

WASHINGTON | The Supreme Court made it easier Monday for death row inmates to contest the lethal injections used across the country for executions and to get DNA evidence before judges in a pair of rulings that hinted at fresh caution on capital punishment.

The decisions, both written by moderate Justice Anthony M. Kennedy, ease the rules for long-time prisoners to get their cases back into court and could add years to their appeals.

The vote was unanimous in allowing condemned inmates to make special federal court claims that the chemicals used in executions are too painful — and therefore amount to unconstitutional cruel and unusual punishment.

It was a slap to the Bush administration and 25 states, which supported Florida in arguing that allowing new appeals would jeopardize finality and justice for victims' families.

Justices took up the lethal injection case this spring in a spirited debate about the drug combination used in most states. GINA HOLLAND (AP)

Judge Wounded in Reno Courthouse

RENO, NEV. | A family court judge was shot as he stood near a third-floor courthouse window Monday, and police sealed off the area and searched nearby parking garages for a sniper.

Judge Chuck Weller was hit in the chest about 11:15 a.m. at the Mills B. Lane Justice Center, part of the Washoe County courthouse complex, police said.

He was rushed by ambulance to Washoe Medical Center, police spokesman Steve Frady said.

"He is conscious and talking with his family," Frady told The Associated Press.

TIM DUNN/AP

A Reno Police officer runs toward the Mills B. Lane Justice Center Monday.

Police did not know if the shots were fired inside the courthouse or from outside, Frady said. (AP)

Allergies?

Spring has Sprung.

Allergies are more than a runny nose and watery eyes. Cold-like symptoms, poor performance at work or school, headaches and fatigue may be caused by allergies. Our allergists have the latest medicines, testing and treatment programs to help you feel better quickly, safely and easily, all without those painful scratch tests.

Please accept our invitation to visit us and to make an appointment today.

Please call for an appointment
T: 800.287.2829 MyAllergyCare.com

We participate with most health-plans

Allergy Care Centers
Care for All Seasons

Offices conveniently located in: Ballston • White Flint • Chantilly • North Potomac • Vienna • Wheaton Plaza • Gaithersburg • Springfield • Sterling

Nation

48% **The percentage of Utah** residents 16 and older who served as volunteers between 2003 and 2005. The state leads the country in volunteerism, trailed closely by Nebraska, Minnesota and Iowa.

Bush Begins Talks on Iraq Strategy

President urges nations to honor their pledges

CAMP DAVID, MD. | President Bush declared Monday to a nation weary of war that democracy in the Middle East is worth the high price to the United States. He also said Iraq's neighbors can do more to help.

Beginning a two-day strategy session on Iraq at Camp David, Bush said nations inside and outside the Middle East have pledged $13 billion for Iraq reconstruction and the United States expects them to back their financial commitments.

"We discussed that today, as to how to continue to rally not only the neighborhood and Iraq's neighbors to the cause of the new democracy, but how to help others who have made a pledge to honor their pledge," Bush said.

Now in its fourth year, the war also was an issue on Capitol Hill.

The Senate opened debate on a military policy bill, and John Kerry, D-Mass., intended to offer a plan to withdraw U.S. combat troops from Iraq by the end of the year. The White House has long opposed setting deadlines in Iraq, and Kerry's amendment is expected to be defeated when voted on later this week.

EVAN VUCCI/AP

'STAKES ARE WORTH IT': President Bush addresses the media after meeting with the interagency team on U.S. future plans in Iraq on Monday at Camp David, Md.

The Camp David meeting came as the Bush administration was trying to capitalize on momentum from last week's swearing-in of key Iraqi national security officials and from the U.S. airstrike that killed Abu Musab al-Zarqawi, al-Qaeda's leader in Iraq.

Al-Qaeda named a successor Monday to al-Zarqawi and said he would stick to the slain leader's path — attacks on Shiites as well as on U.S. and Iraqi forces.

"I keep reminding the American people that the stakes are worth it," Bush said. "It is worth it to help Iraq succeed. It is worth it to have a democracy in the Middle East. It is worth it to show other reformers and people who want to live in a free society what is possible.'

DEB RIECHMANN (AP)

HEARSAY | MOTIVATIONAL SPEECHES

"Democrats need to regain the courage that's lost with political compromises over the last few years."

—ACTOR AND ACTIVIST ROBERT REDFORD
THE OSCAR-WINNING DIRECTOR WAS IN WASHINGTON TO DISCUSS ENERGY POLICY WITH CAMPAIGN FOR AMERICA'S FUTURE

Wife Indicted in Minister's Death

SELMER, TENN. | The wife of a minister who was shot to death in his church's parsonage was indicted Monday on a charge of premeditated murder.

Mary Winkler, indicted by a McNairy County grand jury, has been in custody since the day after the March 22 slaying of her husband, Matthew Winkler. Authorities have said she confessed but they haven't disclosed a motive.

Matthew Winkler, 31, a Church of Christ minister, was found dead in his bedroom after he failed to show up for an evening service. (AP)

FBI Study: Violent Crime Rose in '05

Cities see biggest jump in largest percentage increase in 15 years

PHILADELPHIA | FBI statistics Monday confirmed what big cities like Philadelphia, Houston, Cleveland and Las Vegas have seen on the streets: Violent crime in the U.S. is on the rise, posting its biggest one-year percentage increase since 1991.

In Philadelphia, homicides jumped from 330 in 2004 to 377 in 2005, a 14 percent increase, according to the FBI. Murders climbed from 272 to 334 in Houston, a 23 percent rise, and from 131 to 144 in Las Vegas, a 10 percent increase.

JOSEPH KACZMEREK/AP

A crime scene investigator works a crime scene last week in Philadelphia.

Jeffrey Sedgwick, director of the U.S. Justice Department's Bureau of Justice Statistics, cautioned that it is not yet clear whether the FBI numbers reflect a real increase, or ordinary year-to-year variations.

Sedgwick said it is possible that crime rates in the U.S. are approaching a floor below which it may be difficult or even impossible to go.

Some criminal justice experts said the statistics reflect the nation's complacency in fighting crime. Crime dropped dramatically during the 1990s, and some cities have since abandoned effective programs that emphasized prevention, the putting of more cops on the street, and controls on the spread of guns.

"We see that budgets for policing are being slashed and the federal government has gotten out of that business," said James Alan Fox, a criminal justice professor at Northeastern University.

PATRICK WALTERS (AP)

47 | **The number of grilled cheese** sandwiches competitive eater Joey Chestnut ate in 10 minutes to win a Las Vegas competition. The eating circuit's rising star set a new world record.

Nation

U.S. Defends Spy Program

Judge to weigh ACLU challenge over federal surveillance wiretaps

DETROIT | The government's warrantless domestic spying faced its first courtroom test Monday, with the Bush administration arguing that the program is within the president's authority but that proving it would require revealing state secrets.

U.S. District Judge Anna Diggs Taylor heard arguments in a case brought by the American Civil Liberties Union against the National Security Agency. The ACLU wants the program halted immediately, arguing that it violates the rights to free speech and privacy.

The judge gave no indication of when she might rule.

The ACLU said the state-secrets argument is irrelevant because the Bush administration already has publicly revealed enough information about the program for a ruling.

But government attorney Anthony J. Coppolino told the judge that the case cannot be decided based on a "scant public record."

Monday's hearing was the first time the program's constitutionality was argued in court.

The administration has acknowledged eavesdropping on Americans' international communications without court approval. President Bush has said the eavesdropping is legal because of a congressional resolution passed after the Sept. 11, 2001, attacks. SARAH KARUSH (AP)

CARLOS OSORIO/AP

TAKING THE STAND: Nazih Hassan, plaintiff in a lawsuit brought by the ACLU against the National Security Agency, addresses the media in Detroit on Monday.

GRAPHIC DESIGN & MULTIMEDIA

CALL TODAY 1-866-811-6459

WESTWOOD COLLEGE

WWW.WESTWOOD.EDU

ANNANDALE 7619 Little River Turnpike, 5th Floor • Annandale, VA 22003

ARLINGTON BALLSTON 1901 N. Ft. Myer Drive, Suite 300 • Arlington, VA 22209

Accredited by the Accrediting Commission of Career Schools and Colleges of Technology (ACCSCT). Westwood College - Arlington Ballston (Arlington, VA) is a Branch of Westwood College - Long Beach (Torrance, CA) and has been certified to operate in Virginia by the State Council of Higher Education for Virginia (SCHEV). Westwood College - Annandale Satellite (Annandale, VA) is a satellite campus of Westwood College - Arlington Ballston (Arlington, VA), a branch of Westwood College - Long Beach (Torrance, CA) and has been certified to operate in Virginia by the State Council of Higher Education for Virginia (SCHEV).
Not all programs offered at all campuses.

Help *infertile couples* experience the joys of parenthood and earn up to *$50,000!*

BECOME AN EGG DONOR

We need healthy women between the ages of 19 and 32.

Compensation begins at $6,000!

For more information, please contact Liz at (703) 698-3909 or via email at eggdonor@givf.com.

To apply online, visit www.gametedonors.com.

Confidentiality assured

GENETICS & IVF *Institute*

Do You Continue to Be Depressed?

The NIMH is conducting a study to test the effectiveness of AMPAkine in major depression. This study examines a different mechanism of action from commonly used antidepressants. Our hope is to find new medications for individuals who have not responded to past treatment.

This is a 10-week outpatient and inpatient study of medication or placebo conducted at the NIH Clinical Center in Bethesda, Maryland.

Participants must:
• Be ages 21-55 • Be currently depressed
• Have taken an antidepressant that did not help

The study includes medical and psychiatric evaluations, and research medication at no cost. Transportation reimbursement provided.

Atendemos pacientes de habla hispana.

Call: **301-496-5645** **(TTY: 1-866-411-1010)**

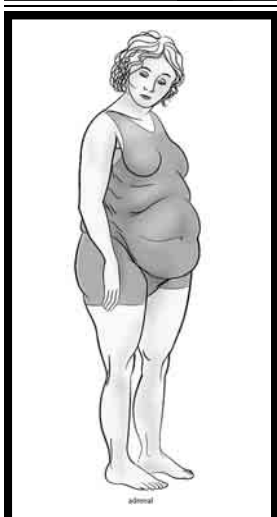
http://patientinfo.nimh.nih.gov

or for other studies: www.clinicaltrials.gov

The National Institute of Mental Health

National Institutes of Health, Department of Health & Human Services

NIMH National Institute of Mental Health



Got Belly Fat?

FREE WORKSHOP

The secret to losing weight in the belly, hips and thighs begins by knowing your BODY TYPE

You will Learn...
• The basic BODY SHAPES and how hormones can distort the body and block weight loss
• How to trigger your body's FAT BURNING hormones to increase metabolism
• The biggest mistake people make with exercising, which prevents weight loss
• Why hormones affect what you crave.
• How CHRONIC PAIN and SLEEPING PROBLEMS can be related to your body shape.
• You don't lose weight to GET healthy – you get healthy so you CAN lose weight.

Limited Seating! Call for location, and date.
Speaker: Dr. Eric Berg, D.C. Limited Seating

REGISTER NOW 703-354-7336

World

PLEASE SAY CHEESE: Singapore's prime minister has launched a campaign urging the city-state's 4 million people to smile when the annual World Bank and IMF meetings are held there in September, local media report. Some 16,000 delegates will attend the event.

In Brief

DAVID SILVERMAN/GETTY IMAGES

Israeli rescue workers investigate the train crash near Netanya on Monday.

NETANYA, ISRAEL

Commuter Train Derails After Hitting Truck, Killing 5

A commuter train carrying hundreds of passengers derailed after slamming into a pickup truck at a crossing in central Israel, killing five people and injuring 77. The locomotive and three of the train's six cars derailed. The train, carrying 200 passengers and traveling at high speed, crashed to a stop several hundred yards from the crossing after slamming into the side of a small hill. (AP)

BAIDOA, SOMALIA

Islamic Militia Said to Prep For Offensive on Warlords

Islamic militia leaders dispatched scores of fighters in jeeps mounted with machine guns Monday, witnesses said, describing apparent preparations for a battle to push secular warlords from their last stronghold in southern Somalia. The Islamic militiamen took control of Mogadishu last week after months of fighting that left more than 330 people dead. (AP)

MEXICO CITY

Poll Shows Top Presidential Candidates in a Tight Race

A poll published Monday showed Mexico's top two presidential hopefuls running about even less than three weeks before the July 2 vote, despite a final debate each candidate hoped would break the tie. The poll in a Mexico City newspaper gave 37 percent support to Felipe Calderon of the ruling conservative National Action Party and 34 percent to Andres Manuel Lopez Obrador of the leftist Democratic Revolution Party. (AP)

Palestinian Rift Sparks New Unrest

Forces loyal to Abbas go on rampage, attack parliament buildings

RAMALLAH, WEST BANK | Hundreds of Palestinian security men loyal to President Mahmoud Abbas went on a rampage against the Hamas-led government Monday, riddling the parliament building and Cabinet offices with bullets before setting them ablaze in retaliation for an attack by Hamas gunmen in the Gaza Strip.

The violence was the most serious in the West Bank since Hamas defeated Abbas' Fatah movement in legislative elections in January and raised new fears the Palestinians could be headed toward civil war. It also cast doubt on renewed calls for Palestinian unity by the rival factions.

Abbas, a moderate who was elected separately last year, has been locked in a bitter power struggle with Hamas. The dispute has focused largely on control of the powerful security forces.

In Monday's unrest, hundreds of members of the Preventive Security force shot out the windows of the parliament building before storming the two-building Cabinet complex, where they smashed furniture, destroyed computers and tore up documents. No casualties were reported.

MUHAMMED MUHEISEN/AP

ARMED ATTACK: A Fatah militant smashes a window in the Palestinian parliament building in the West Bank town of Ramallah.

Shooting wildly in the air, the mob then set fire to one of the Cabinet buildings, gutting the fourth floor. When a fire engine approached the scene, one gunman lay on the road, preventing it from reaching the building.

"Every time they touch one of ours in Gaza, we will get 10 of theirs in the West Bank," said one member of the Preventive Security force. The crowd also set fire to the parliament building and a Hamas office. Both blazes were quickly contained.

The rampage in Ramallah followed an earlier attack by Hamas gunmen on a Preventive Security installation in Gaza. The attack set off daylong clashes that left two people dead and 14 wounded.

Abbas was in Gaza at the time of the rampage, where he has been holding negotiations with Hamas in hopes of ending the political deadlock.

"The president strongly condemns the attacks and the assault against the public institutions and the building that took place in the West Bank tonight," said a statement issued by Abbas' office. (AP)

Turkey Begins Talks With EU

LUXEMBOURG | Turkey concluded its first round of membership talks with the European Union, after EU foreign ministers reached a last-minute compromise to resolve a standoff with Cyprus over Ankara's relationship with the divided island.

The EU agreed to Nicosia's demand that Ankara be reminded of its obligation to normalize relations with the country's Greek Cypriot government, while Nicosia agreed to drop its objections to completing science and research discussions in one day, paving the way for the first of 35 rounds of talks to conclude on Monday. (AP)

Al-Qaeda in Iraq Names New Leader

Group says militant named al-Muhajer will succeed al-Zarqawi

CAIRO, EGYPT | Al-Qaeda in Iraq named a successor Monday to Abu Musab al-Zarqawi and said he would stick to the slain leader's path — attacks on Shiites as well as on U.S. and Iraqi forces.

The new leader, identified by the nom de guerre Abu Hamza al-Muhajer in a statement posted on the Web, appeared to be a foreign Arab, like his predecessor.

But otherwise he is an unknown. The name has not appeared in previous Al-Qaeda in Iraq propaganda or on U.S. lists of terrorists with rewards on their heads.

MOHAMMED ADNAN/AP

A man mourns a boy said to have died during a U.S.-led raid near Baqouba.

Meanwhile, in Iraq, U.S. troops killed seven insurgents and captured three others in a Monday raid that also left two children dead not far from the safehouse where terrorist al-Zarqawi died in a U.S. bombing raid.

The military said the insurgents belonged to a cell with ties to senior al-Qaeda leaders involved in helping foreign fighters come to Iraq.

More than 200 raids have been carried out since al-Zarqawi's death Wednesday, some of them directly connected to what the U.S. military has described as a "treasure trove" of intelligence gleaned from his safehouse.

Iraqi National Security Adviser Mouwafak al-Rubaie said troops combing though the debris found al-Zarqawi's diaries, telephone numbers and computers. (AP)

World

New Road Brings Hope to Congo

War-torn region gets boost in trade, safety from repaired roadway

NSINDO, CONGO | After years as refugees within their own country, people are trickling back to this village in eastern Congo's forest, all following the same path — a newly repaired road.

Congo is the size of Western Europe, but after years of war and decades of corrupt government, its 60 million people have only 300 miles of paved road, so even an unpaved stretch, properly tended, can make a huge difference, bringing trade, safety, doctors, teachers, perhaps even democracy.

German Agro Action, a charity operating in Third World countries, started rebuilding 435-mile National Road No. 2 as the war wound down, aiming to reconnect Goma, an eastern city of 160,000 near the Rwandan border, to the port city of Kisangani on the Congo River and the world beyond.

Six years later, it's about one-quarter complete. The remaining work is likely to move more quickly, as some of the most difficult stages are now done.

More than 100,000 people uprooted in the eastern region during the 1998-2002 war have since returned to their homes, according to the University of Goma.

Agro Action officials said a round trip by truck between Goma and Kwabo's village, which used to take a week through muddy forest, is now a day's drive each way.

SYLVIA VOGT/AP

An aid group is orchestrating the effort to repair the key road in eastern Congo.

U.N. peacekeepers helping a transitional government restore order can patrol more easily and frequently here, protecting the populace from rebels who haven't agreed to the peace treaty ending the war.

Among those traveling the new road is Josephine Kwabo, who used it to make the 100-mile journey back to her native Nsindo.

"Right now, we aren't afraid," Kwabo said. "The road brings security." SILVIA VOGT (AP)

PICTURE PERFECT: A portrait of Queen Elizabeth I as a gangly teen, lost in obscurity for centuries, goes on sale this week after being rediscovered by a British portrait expert. Art dealer Philip Mould acquired the painting last year, after it had been in a private collection in Spain for 50 years. The asking price for the portrait, which dates to 1547, is $1.5 million. (AP)

U.S. Students Drown in Costa Rica

SAN JOSE, COSTA RICA | Two Kansas teenagers died and two other Americans were missing after they were swept away by currents while swimming at a Pacific Coast beach in Costa Rica, authorities said.

Officials said they were searching for the two swimmers missing since Saturday, identified as a teacher and a student from Labette County High School in Altamont, Kan.

Labette County school Superintendent Dennis Wilson said the group saved money all year for the language and arts trip. (AP)

BOTOX $199
Guaranteed Results

Collagen $299 • Restylane $350
Threadlift • Radiesse • Sculptra

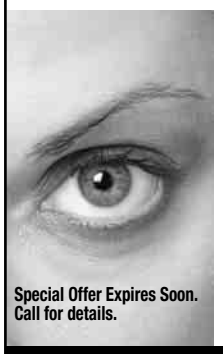
All procedures performed by a Physician

202.452.1332 24th and I St., Foggy Bottom Metro
703.533.1025 Tyson's Corner
703.465.0666 Alexandria
301.738.6766 Bethesda
410.730.7226 Columbia/Baltimore

SPRING SPECIAL ENDS SOON!

vita SURGICAL GROUP
www.vitasurgical.com

$299/Eye Any Prescription Lasik!



ENJOY LASIK REGARDLESS OF YOUR RX.
• No Incision/Cut and No Flap Lasik
• One Eye or Both Eyes at a Time
• Safe & Comfortable
• Quick & Immediate Recovery
• FDA Approved
• Visx & Bausch & Lomb Lasers
• Interest Free Financing
• Return to Work Next Day
• Insurance

Special Offer Expires Soon. Call for details.

I SURGEONS 202.464.5216
• 24th and I St., Foggy Bottom Metro
301.738.0339 • BETHESDA
703.533.0025 • TYSON'S CORNER
703.465.0090 • ALEXANDRIA
410.730.2215 • COLUMBIA/BALTIMORE
www.i-surgeons.com

I SURGEONS

CLEARANCE SALE
DESIGNER SOFAS
$784

Pentagon Row
Behind Pentagon Mall
Sale Ends Soon
Interest Free Financing
IMMEDIATE DELIVERY
Home Redesign Expo
1301 S. Joyce St. D-24
Arlington, VA 22202
703-415-4560

Are You Feeling Sad or Depressed?

If so, you may be interested in participating in research involving **brain imaging** at the NIH Clinical Center in Bethesda, MD. The National Institute of Mental Health is interested in understanding what the brain looks like in people who are depressed.

Participants must be:
• Free of other serious medical conditions
• Ages 18 to 60
• Free of head trauma
• Not currently taking psychiatric medications

Transportation reimbursement provided.
Compensation is provided for participation.

Call: **301-496-5645**
(TTY: 1-866-411-1010)
http://patientinfo.nimh.nih.gov
or for other studies: www.clinicaltrials.gov

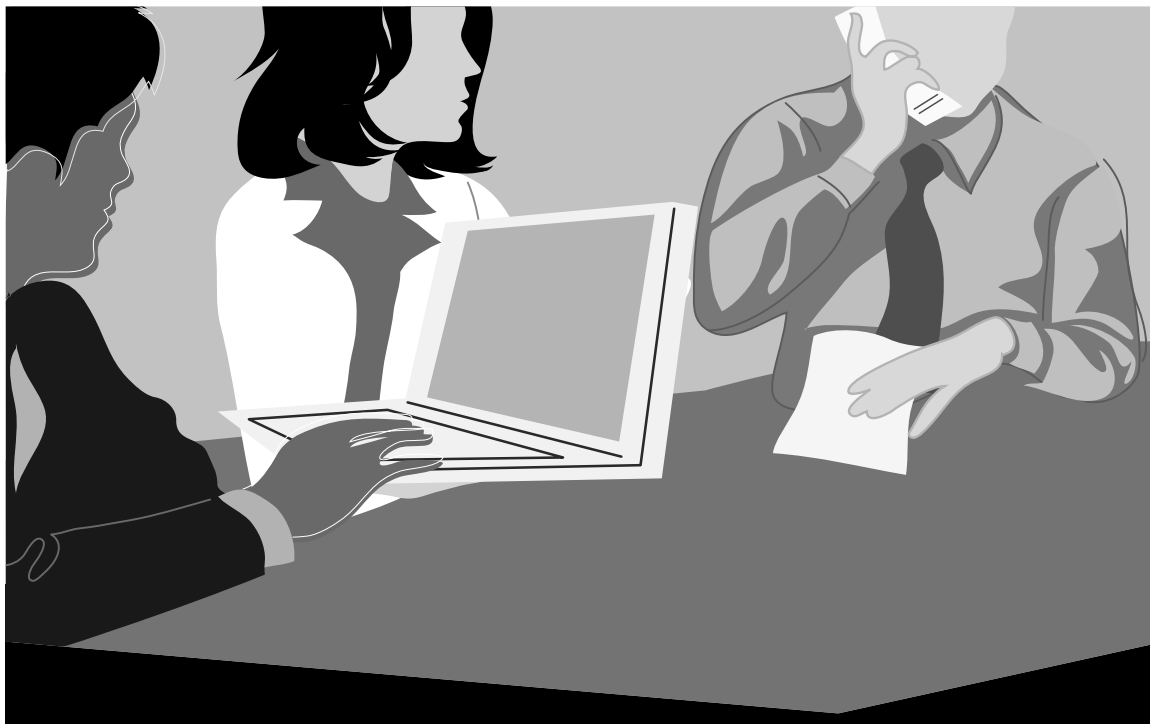
The National Institute of Mental Health NIMH
National Institutes of Health, Department of Health & Human Services
National Institute of Mental Health

Drive you.

"Cars" can put you in the right wheels. **Wednesdays.**

express

X017b 3x1.5



BE A LEADER IN THE NEXT GENERATION OF 'IT'

Today, information technology professionals help drive business strategy through IT applications and innovations. Prepare for a leadership role in your field—choose the graduate program that combines technology and business management in a curriculum emphasizing collaboration, practical applications, and best practices. Select the program that's right for you—from graduate certificates of just 12 credits, to a master's in IT, to a dual MS/MBA degree. To learn more, call **1.800.GO.TO.JHU,** visit us at **www.business.jhu.edu,** or email busspsbe@jhu.edu.

JOHNS HOPKINS UNIVERSITY
GRADUATE DIVISION OF BUSINESS AND MANAGEMENT
SCHOOL OF PROFESSIONAL STUDIES IN BUSINESS & EDUCATION

ATTEND AN INFORMATION SESSION

Washington, DC	Columbia, MD	Baltimore, MD
Wed., June 14	Sat., June 17	Mon., June 19
Noon-1:30 pm	10:30 am-Noon	6-7:30 pm

nine simple numbers you learned by age 3

	6		1		4		5	
		8	3		5	6		
2								1
8			4		7			6
		6				3		
7			9		1			4
5								2
		7	2		6	9		
	4		5		8		7	

play su|do|ku
The fun addictive logic game—every day!
express
A publication of The Washington Post

Puzzles by Pappocom®. For solution, tips and computer program, visit www.sudoku.com.

XX141a 3x3

World

Canadian Terror Suspects in Court

Judge imposes media ban; defense lawyers say clients mistreated

BRAMPTON, ONTARIO | Lawyers for some Muslim terror suspects held in an alleged plot to launch terror attacks in southern Ontario complained outside a courtroom Monday about the treatment of their clients and a media blackout on reporting courtroom details of the case.

Fourteen of the 17 people arrested — including five teenagers — appeared Monday at the Ontario Court of Justice in Brampton, just west of Toronto.

Lawyers for some of the adult suspects said their clients were being kept in solitary confinement, that one was beaten by a guard Sunday, and that they were not being given enough time with their families or the opportunity to pray together.

The Royal Canadian Mounted Police announced June 2 that authorities had foiled a terrorist attack on targets in Ontario, saying the men had obtained three tons of ammonium nitrate, three times what was used in the 1995 Oklahoma City bombing that killed 168 people.

The news has roiled Canadians, who have widely seen themselves as immune to such homegrown hatred, unlike their neighbor to the south.

Prosecutors and a defense attorney asked the judge to ban the media from reporting details of any of the allegations against the Canadian citizens. Justice Keith Currie agreed and said the ban would remain in effect until the cases were resolved, which could take years.

Defense attorneys and a lawyer representing both The Associated Press and the Toronto Star opposed the ban and likely will challenge the court to lift it.

Each suspect is charged with one count of participating in a terrorist group. Three of them also are charged with importing weapons and ammunition for terrorist activity. BETH DUFF-BROWN (AP)

IRAN | WOMEN RALLY FOR EQUAL RIGHTS

AP

FACING OFF: An Iranian female police officer, left, beats back a female protester during a demonstration in Tehran on Monday. The demonstration was organized by a group called the Labor and Communist Party in an effort to call attention to demands for equal rights for women in Iran. About 100 police confronted the group and 20 protesters were detained.

LOWDOWN ON PARKING: Mayor Williams is standing firm on his position that underground parking is needed near the new ballbark. Williams said that building a garage with 1,200 spaces is "in the best long-term interest of the District."

Local

Missing Publisher Presumed Dead

Search for Merrill now turns to recovering former diplomat's body

ANNAPOLIS, MD. | A publisher and former diplomat who disappeared while sailing the Chesapeake Bay was presumed dead Monday after a search of 100 square miles of water over two days turned up nothing.

Search crews continued to look for Philip Merrill, 72, but rescuers said it was unlikely Merrill was still alive after two days missing. His abandoned sailboat was discovered Saturday more than a dozen miles south of his planned sailing route, an 18-mile roundtrip from the western shore of Maryland to Kent Island.

Survival time in the 62-degree water was estimated at 28 hours.

Col. Mark S. Chaney, superintendent of the Maryland Natural Resources Police, said Merrill's family was told Monday morning the search would become a recovery effort. Chaney said six boats were still searching the 100-square-mile area, including one boat equipped with sonar for bottom searching. A helicopter was also being used.

Merrill was an experienced sailor and went out on a breezy, clear day. The publisher of Washingtonian magazine, The (Annapolis) Capital newspaper and five other Maryland newspapers was sailing alone.

"He had handled that boat in similar conditions with a huge grin on his face," said John Page Williams, who took his boat into the water Monday to help with the search. Williams is a senior naturalist for the Chesapeake Bay Foundation, a private group that works to restore the bay. KRISTEN WYATT (AP)

Man Charged in Clinic Plot Won't Fight Detention

GREENBELT, MD. | A man accused of plotting to attack an abortion clinic with a pipe bomb and handgun will remain in jail for now as he awaits trial on weapons and explosives charges.

Robert Weiler, 25, of Forestville waived his right to challenge his detention in U.S. District Court Monday during a hearing. Magistrate Judge Charles Day set a preliminary hearing for June 22.

Weiler wore a green T-shirt with the phrase "Help Cure Abortion" on the front and "Abortion: The leading cause of death in America" on the back. He spoke only to give his name and answer yes or no questions about his rights.

Weiler faces charges of possessing an illegal explosive device, making an illegal explosive device, illegally possessing a firearm and possessing a stolen firearm. Each count carries a maximum penalty of 10 years in prison.

Weiler called the Bureau of Alcohol, Tobacco, Firearms and Explosives last week from a Maryland highway rest stop to confess to the plan, officials said. (AP)

In Brief

WASHINGTON

McCarrick Says Retirement Won't Slow Him Down

Cardinal Theodore McCarrick, the outgoing spiritual leader of the Archdiocese of Washington, said Monday that retirement won't bring an end to his active public life. One of the most visible leaders in the U.S. Catholic Church is promising to continue speaking out on behalf of the poor, as well as issues such as immigration and family values. McCarrick also said he will spend time traveling. He is scheduled to visit Rome at least three times between now and November. (AP)

McCarrick

MCLEAN, VA.

Commission Rescinds Order On Gay-Rights Videos

An Arlington businessman who had been ordered by a government commission to duplicate videos of gay-rights marches that he found offensive won a reprieve after the commission rescinded its order. Tim Bono, of Bono Film and Video, sued the Arlington County government last week after its Human Rights Commission found him in violation of the county's anti-discrimination laws. The commission said he denied services to a gay-rights activist based on her sexual orientation. The activist, Lilli Vincenz, had asked Bono to duplicate some footage of early gay-rights marches. (AP)

KEVIN WOLF/AP

Ex-Reagan official and author Webb and U.S. Sen. John Kerry wave to the crowd at a campaign rally in Arlington on Monday.

Miller, Webb Square Off in Primary

Longtime Democratic activist pitted against former Republican

RICHMOND, VA. | Republican-turned-Democrat James Webb, a former Reagan administration Navy secretary, is seeking the nomination for Senate on Tuesday in a bruising primary battle against Democratic Party stalwart Harris Miller.

Five states have elections Tuesday, including gubernatorial primaries in Maine and South Carolina and constitutional amendment referendums in North Dakota.

In Virginia, the winner of the race between Webb and Miller, a former Internet industry lobbyist with three decades of activism in the Virginia Democratic Party, will face Republican Sen. George Allen. Allen is seeking a second term even as he pursues a 2008 presidential bid. He has no GOP challenger.

With turnout of perhaps 5 percent of the state's 4.5 million registered voters expected, political analysts and campaign advisers said there is no way to predict a victor.

Webb and Miller sought to shackle Allen to President Bush, particularly on the Iraq war. Both Democrats have seized on Allen's record of voting with the president 97 percent of the time last year.

Miller has advocated more taxes on oil companies, blasted the Bush tax cuts and failed estate-tax repeal, and urged Defense Secretary Donald

JAMES A. PARCELL/TWP

Miller speaks with his campaign workers at his headquarters in McLean on Monday. He also made calls to voters.

The Lotteries

Monday, June 12

DISTRICT	
Mid-day Lucky Numbers	7-3-8
Evening Lucky Numbers	4-0-5
Mid-day DC 4	2-3-0-6
Evening DC 4	0-6-5-8
Rolling Cash Five	16-3-20-8-26
Daily 6	22-21-37-28-33-2 (18)

MARYLAND	
Mid-day Pick 3	2-3-9
Evening Pick 3	6-2-7
Mid-day Pick 4	1-0-5-6
Evening Pick 4	2-2-7-6
Match 5	9-11-16-19-33 (15)

VIRGINIA	
Mid-day Pick 3	2-4-1
Mid-day Pick 4	0-9-4-5
Mid-day Cash 5	6-7-15-23-24

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

Money

31% **The percentage of U.S. companies** planning to increase staffing levels in the third quarter this year, a survey finds. The report marks the 10th straight quarter that more than 20 percent of the companies surveyed said they plan to add staff.

Market Action

New York Stock Exchange

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
WLyonHm	147.15	+13.40	+10.0
KoreaEqt	9.85	+.85	+9.4
HoustEx	57.97	+3.32	+6.1
NEurO	36.30	+1.35	+3.9
RAIT Inv	27.23	+.97	+3.7

Losers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
SeaCntB lf	6.40	-1.24	-16.2
SeaCntA lf	6.40	-1.15	-15.2
Salton h	2.48	-.39	-13.6
Ampco	26.68	-3.72	-12.2
Fedders h	2.40	-.30	-11.1

NASDAQ Stock Market

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Britesmile	2.58	+.43	+20.0
StateNBc n	37.17	+6.06	+19.5
CelebExp	11.80	+1.70	+16.8
MarshlEd	3.65	+.44	+13.7
<B>Iomai n	4.40	-.21	-4.6

Losers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
NPS Phm	4.54	-1.04	-18.6
NatHlTre lf	3.61	-.73	-16.8
NeoMgic rs	2.62	-.52	-16.6
ActPwr	3.43	-.66	-16.1
SentoCp	6.78	-1.20	-15.0

DOW	NASDAQ	S&P 500
-99.34	-43.74	-15.90
-0.91	-2.05	-1.27
10792.58	2091.32	1236.40

Biotech Stocks

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	66.89	-.75	-15.2
Amylin	45.62	+.75	+14.3
BiogenIdc	45.67	-.33	+.9
Celgene s	42.19	-1.16	+30.2
ChRvLab	37.93	-.72	-10.5
GenProbe	47.85	-2.66	-1.9
Genentch	79.10	+.59	-14.5
Genzyme	60.33	+.09	-14.8
GileadSci	56.16	-1.15	+6.8
Imclone	40.32	+.07	+17.8
Invitrogn	64.42	-.42	-3.3
MedImun	28.87	-.73	-17.6
MillPhar	9.07	-.24	-6.5
PDL Bio	18.09	-.87	-36.3
VertxPh	30.41	-1.59	+9.9

Rates

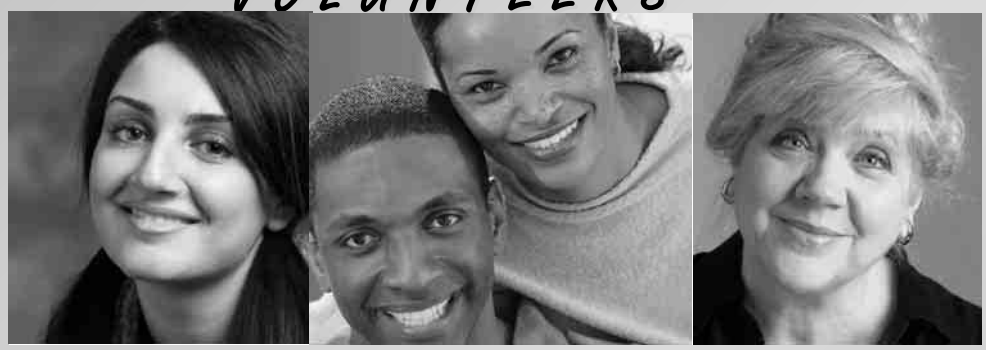
	CURRENT	PREVIOUS WEEK
Prime Rate	8.00	8.00
Fed Funds close	5.00	5.00
3-month disc	4.80	4.71
2-year	5.02	4.98
10-year	4.98	5.02
30-year	5.03	5.11

Currency (Dollars in foreign currency)

	TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.5421	.5431	.5519
Canadian Dollar	1.0967	1.1063	1.2513
European Euro	.7935	.7909	.8253
Japanese Yen	114.20	113.92	108.50
Mexican Peso	11.3905	11.3888	10.8660
Taiwanese Dollar	32.51	32.40	31.36

Drive you.
"Cars" can put you in the right wheels. Wednesdays. express
X0126 3x1

CLINICAL RESEARCH VOLUNTEERS



WORKING TOGETHER TO MAKE A DIFFERENCE.

The NIH Clinical Center is devoted entirely to research on common and rare disorders. Many of these studies involve healthy volunteers, who assist in finding new ways to prevent, diagnose and treat disorders. Please consider participating in one of our healthy volunteer studies.

Participants are compensated.

We are currently recruiting for the following studies:

- **Women 18-50 for a study of hormone, stress and mood** **81-M-0126**
- **Men 20-45 for a study of vitamin C in blood and urine** **04-DK-0021**

Refer to study number when you call

For more information please call:
1-866-444-6679 (TTY: 1-866-411-1010)
Se habla español
http://clinicaltrials.gov

Department of Health and Human Services
National Institutes of Health

Rents on the Rise After Recent Lull

Demand is growing for rental units as hot housing market cools

It's no longer a renter's market.

For years, rents have been flat or falling in cities nationwide — a result of the booming home-sales market, which transformed scores of renters into owners. But as the housing market cools, rentals are once again in demand, liberating landlords in many markets to raise rents at the fastest pace in years. They're also cutting back on the goodies that previously helped lure tenants, such as a free month's rent or a free DVD player.

While renters have had an easy ride for years, the current bout of rent increases could prove to be a jolt for many Americans, from seniors looking to downsize to recent grads looking for their own place. Average effective rents — or what tenants pay after taking concessions into account — are expected to rise 3 percent this year, according to Reis Inc., a real-estate research firm. Rents began picking up last year after several years of softness. As recently as 2002, rents fell 1 percent.

The pace of change varies greatly from market to market. In its survey of 69 metro areas, Reis found 60 markets with rising rents, with Florida's Fort Lauderdale, Palm Beach, Miami and Tampa-St. Petersburg and California's San Jose topping the list. It also found nine markets in which rents are flat or falling, including Buffalo, N.Y.,Charlotte, N.C., and Denver.

Generally, rents in East and West Coast cities are expected to rise the fastest. Archstone-Smith, which owns apartment buildings in 41 cities, says it is increasing rents 8 percent to 10 percent in New York City and Southern California.

Still, renters might be able to find some good deals. For instance, landlords of new buildings still needing the first round of tenants may be more willing to negotiate concessions. It can also be worth seeking out individual owners who are unable to sell a house or condo and may be looking to rent instead.

RUTH SIMON (THE WALL STREET JOURNAL)

HEARSAY | A MORE PERFECT UNION

"They think we've run out of gas intellectually and emotionally. ... We're not going to surrender. We're not going to lower our sights."

—UNITED AUTO WORKERS PRESIDENT RON GETTELFINGER ANSWERING RECENT CRITICISM OF THE UNION'S STRENGTH DURING A SPEECH AT THE UAW'S CONVENTION IN LAS VEGAS MONDAY

Sodexho, 'Magic' Johnson Team Up

GAITHERSBURG, MARYLAND | Sodexho USA, one of the largest food preparation companies, announced a joint venture Monday with retired basketball star Earvin "Magic" Johnson to seek out new food service deals.

Johnson, who has entered into a series of business partnerships with corporations, will own 51 percent of the new company to be called SodexhoMagic. It will be based at Sodexho's headquarters in Gaithersburg.

The deal with Johnson comes as Sodexho tries to distance itself from a 2001 class-action lawsuit that charged the company systematically denied promotions to black managers. (AP)

YOUR NAME IN LIGHTS: Divas-in-the-making, go to New York City, Los Angeles or Chicago and get in line, because Beyonce might make you a star. The R&B singer is conducting a national search to assemble an all-female band for an upcoming world tour.

Entertainment

A Forest of 'Bamboo'

The theme of this year's World Cup is marketed everywhere

STRATEGY | The most popular recording this year may not be a song, but rather a five-note melody called "Bamboo."

The simple chant by the relatively unknown Nadir Khayat and Bilal Hajji, will be heard by an total audience of as many as 30 billion TV viewers. Such is the branding reach of the Federation Internationale de Football Association, or FIFA, world soccer's governing body. "Bamboo" is the official melody for the 2006 FIFA World Cup.

This year, it's not just music courting FIFA's audience, but FIFA seeking out the possibilities today's music stars offer. To that end, FIFA hired an outside agency, Sweden's Engine, to manage music projects.

Engine commissioned "Bamboo," which is featured in an official FIFA remix of the Shakira/Wyclef Jean track "Hips Don't Lie," in German megastar Herbert Gronemeyer's "Celebrate the Day" and in classical-pop group Il Divo's "The Time of Our Lives" with Toni Braxton.

These tracks — and catalog hits from Elton John, Elvis Presley, Kelly Clarkson, Rod Stewart and others, strategically selected for various territories — are included on "Voices," the official FIFA compilation that Sony BMG released June 6.

"We tried to make ["Bamboo"] the backbone of the entire music program," said Rupert Daniels, World Cup music program project manager for FIFA. "It is incorporated into the official 'song' [by Il Divo], into the official 'theme' [by Herbert Gronemeyer] and into the Shakira song ["Hips Don't Lie (Bamboo)]." You can also buy it individually as a ringtone.

At the Milan, Italy, branch of French-owned multimedia store FNAC, audio department head Angelo Leone admits the World Cup "isn't great for business. When Italy plays, the store will be empty — although we will sell more blank DVDs, bought by fans who want to tape matches."

PAUL SEXTON (BILLBOARD)

AP PHOTO/GUSTAVO BOM; SONY; LA FACE RECORDS

Clockwise from left, Shakira, Il Divo and Toni Braxton all have songs on the FIFA compilation disc released by Sony.

SCOTT SUCHMAN

Thirty strings isn't enough for the likes of power-pop guitar god Rick Nielsen.

Rocking the Hometown

Cheap Trick pulls a classy stunt: This one goes out to Rockford

MUSIC | Rare is the band that can unite fans of Led Zeppelin and the Cars, Kiss and the Clash in cross-ideological rock harmony. The Who is one; the Beatles are another. On the American end, though, few do it better than Cheap Trick.

Combining fat riffs and sweet melodies, the quartet from Rockford, Ill., has for three decades satiated rockers of all persuasions. Its songs are at home on classic-rock radio and Billy Corgan's iPod.

Whenever a band names a record for its hometown, as Cheap Trick has done here, it implies a stripped-down, back-to-basics album. That's not the real story of "Rockford" (Big 3), though, where the group's familiar formula is given a tasteful modern tweak and rendered bigger and brighter than ever before.

The group is still at its best when left to its own devices, getting Lennon/McCartney-esque on "O Claire," invoking Electric Light Orchestra on "This Time You Got It" and reaching back into its own past for "Come On, Come On, Come On."

The result: a summer rock record that's loud without being dumb and catchy without sounding manufactured — a neat trick, for certain. KENNETH PARTRIDGE (THE HARTFORD COURANT)

Today's Top Stops

FOR COMPLETE EVENT LISTINGS SEE WASHINGTONPOST.COM/ENTERTAINMENT

SHOREFIRE

Sam Roberts didn't even *think* of changing his name to "Mufus Lainwright."

Sam Roberts Band: The Kids in North America

1 Sam Roberts is a Canadian kid who doesn't need a more rock 'n' roll name — heck, he doesn't even need to invent chord changes. The traditions of jouncing guitar-rock; teed-off-kid anthems and day-trippy psychedelia are good enough for him. And they're pretty damn good.

Iota, 2832 Wilson Blvd., Arlington; with the Damnwells, 8:30 p.m., $10; 703-522-8340. (Clarendon)

Beauty and the Beat: Chicks With Chops

2 Female hip-hop an soul artists make up most of this evening's "Beauty" lineup, with old-school-style rap trio (of guys) Tanya Morgan heading the bill. This night of dance music, love music and hot rhymes is for everyone.

Five, 1214-B 18th St. NW; with Stacy Epps, Emoni Fela, Emperess, Naima Jahmaal, 7:30 p.m., $12; 202-331-7123. (Farragut North)

Nine Inch Nails: Not on Paxil

3 Trent Reznor is back, and more full of doom 'n' gloom than ever. Which is a blessing for fans of his industrial-goth rock.

Nissan Pavilion, 7800 Cellar Door Drive, Bristow; with Bauhaus, TV on the Radio, 7:30 p.m., $15-$45; 800-551-7328.

WHAT'S HAPPENING?

Please send press releases and photos to expressevents@readexpress.com

Entertainment

ONE VOLUME FITS ALL: Rather than have fans line up in some stuffy old bookstore, publishers of chick-lit are scheduling book signings in clothing stores. Retailers including Chanel, Saks and DKNY hope for impulse shoppng; fans get an atmospheric boost.

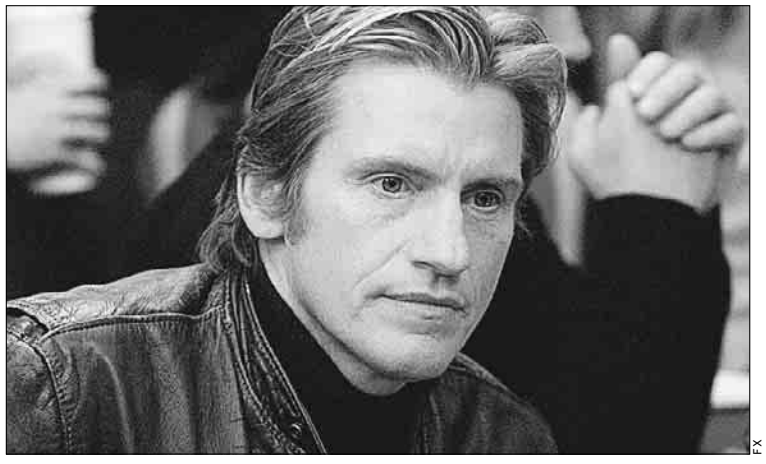
Bad Boy Makes Good

Denis Leary fought against typecasting; directors fought back

TRANSITIONS | Denis Leary worked with Oliver Stone on the uber-violent film "Natural Born Killers." In the sequence (which was eventually cut), the acid-tongued comic delivered a rant about violence and the media. It was 1997, and it's what Leary was best known for, having done that shtick in a series of popular Nike commercials and MTV spots. Recently he ran into Stone, who was bemoaning the task of trying to find an actor for a new dramatic project. As Leary recalled: "I said to him, 'Well, why don't you cast me in the role?' And he said, 'Oh, yeah, all of a sudden you're Al Pacino.' Whatever," said Leary, shrugging. "You can't fight that battle."

Perhaps not, but Leary is challenging people's perceptions about him by following his own path and doing outstanding work. Not only did he co-create (with Peter Tolan) the acclaimed series "Rescue Me," which just began its third season on FX, but he also consistently delivers a gut-wrenching performance on the show as haunted New York firefighter Tommy Gavin. It's a bravura turn for the actor, a role that requires him to veer from dark comedy to heartbreaking tragedy, often within the same scene.

Most people remember first seeing Leary in commercials in which the actor would rant at the camera, usually holding a cigarette and wearing a leather jacket, his unkempt blond hair falling in his eyes.



FX

FUNNYMAN: The Emmy-nominated "Rescue Me" helped rescue Leary's image.

"As soon as I hit with those MTV spots, I knew that's what people wanted," he said, adding that he had plenty of offers to do "the fast-talking, smoking-guy sitcom and movie."

Instead, Leary began taking smaller roles in indie fare such as "The Real Blonde" and "Jesus' Son." He worked alongside Robert De Niro and Dustin Hoffman in "Wag the Dog" and Clint Eastwood in "True Crime"

Still, he met resistance when pursuing roles. "Woody Allen's casting director was called by my agent, who said, 'Why don't you have Denis Leary come in?' She said, 'Uh, we're looking for actors, not comedians.' Which is ironic, considering who she's serving. A couple years later, Woody called up and asked me to meet for a role on 'Deconstructing Harry.' I went in and she was sitting there and I said, 'This is pretty ironic, isn't it?' She said, 'What do you mean?' I just said, 'Never mind.'"

JENELLE RILEY (BACK STAGE WEST)

Zombies Stalk the Landscape

The essential British psychedelic-garage band is undead again

LEGENDS | "I never wanted to just reform the Zombies," said organist Rod Argent, founder of the seminal British rock group.

When Argent's post-Zombies group Argent split in '75, he, "thought my musical career was going to go in a different direction, like writing for film and television."

Instead, Argent turned to producing other artists' albums.

"I produced several million-selling albums from '87 to about '99," he said. "It got to the point where I was aching to play again."

A chance meeting with Zombies singer Colin Blunstone revived their creative partnership. Argent was playing a charity gig, and Blunstone happened to be in the audience.

VNU DIGITAL PHOTO

Rob Argent started his own group, Artgent, but the Zombies beckoned.

"He got up and sang 'She's Not There' and 'Time of the Season' with me and it felt as if we'd been together weeks before, rather than God knows how many years ago," Argent recalls. "We found ourselves doing a few concerts just for a bounce and that somehow turned into four tours of America. We just got back from a tour of the Philippines, we've toured in Europe, we go all over."

Since then, Blunstone and Argent have recorded two studio albums and just released "Live at Bloomsbury Theatre" on Rhino Records. Argent proclaimed that he's "having a ball."

RAY WADDELL (BILLBOARD)

REGAL ENTERTAINMENT GROUP

GALLERY PLACE STADIUM 14
701 Seventh St NW 800-FANDANGO 1721#

Adv. Tix on Sale NACHO LIBRE (PG) ★
Adv. Tix on Sale CLICK (PG-13) ★
Adv. Tix on Sale SUPERMAN RETURNS (PG-13) ★
Adv. Tix on Sale PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (NR) ★
CARS (G) DIG ★ (1205 1230 100 300 345 440) 615 720 810 910 1015
THE OMEN (R) - ID REQ'D DIG (1210 1250 255 415) 630 740 925 1025
THE BREAK-UP (PG-13) DIG (1215 1245 115 245 330 430 515) 640 715 800 935 1005 1035
OC & DA: X-MEN 3 (PG-13) DIG (410) 1000
X-MEN 3 (PG-13) DIG (1200 120 230 500) 710 750 1030
SEE NO EVIL (R) - ID REQ'D DIG 1040
OVER THE HEDGE (PG) DIG (1235 250 520) 735 945
THE DA VINCI CODE (PG-13) DIG (1225 140 355 530) 730 930
MISSION IMPOSSIBLE 3 (PG-13) DIG (130 425) 725 1020

BALLSTON COMMON STADIUM 12
Glebe Rd, Arlington 800-FANDANGO 377#

Adv. Tix on Sale NACHO LIBRE (PG) ★
Adv. Tix on Sale SUPERMAN RETURNS (PG-13) ★
Adv. Tix on Sale PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (NR) ★
Adv. Tix on Sale KORN IN CONCERT (R) - ID REQ'D ★
THE OMEN (R) - ID REQ'D DIG (120 210 415 450) 705 740 1000 1020
THE BREAK-UP (PG-13) DIG (130 200 230 410 445 510) 650 720 750 930 955 1015
THE DA VINCI CODE (PG-13) DIG (1240 110 140 400 430 500) 730 800 830
MISSION IMPOSSIBLE 3 (PG-13) DIG (1250 350) 710 1010
UNITED 93 (R) - ID REQ'D DIG (1245 345)
AKEELAH AND THE BEE (PG) DIG (115 405) 700 1005
THANK YOU FOR SMOKING (R) - ID REQ'D DIG (150 420) 715 950

BOWIE STADIUM 14
15200 Major Lansdale Blvd 800-FANDANGO 454#

Adv. Tix on Sale NACHO LIBRE (PG) ★
Adv. Tix on Sale CLICK (PG-13) ★
Adv. Tix on Sale SUPERMAN RETURNS (PG-13) ★
Adv. Tix on Sale PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (NR) ★
CARS (G) DIG ★ (1200 100 200 315 415 515) 630 730 830 930 1030
THE OMEN (R) - ID REQ'D DIG (1240 140 345 445) 655 755 940 1040
THE BREAK-UP (PG-13) DIG (120 210 420 520) 720 800 1005 1045
X-MEN 3 (PG-13) DIG (1245 145 400 500) 715 815 955
OVER THE HEDGE (PG) DIG (115 215 410 510) 740 1020
THE DA VINCI CODE (PG-13) DIG (1250 425) 650 750 1015
POSEIDON (PG-13) DIG 1025
MISSION IMPOSSIBLE 3 (PG-13) DIG (105 405) 705 1010
AKEELAH AND THE BEE (PG) DIG (1230 350) 735

Free Family Film Festival - Today 10AM

BETHESDA 10
7272 Wisconsin Avenue 800-FANDANGO 569#

Adv. Tix on Sale NACHO LIBRE (PG) ★
Adv. Tix on Sale CLICK (PG-13) ★
Adv. Tix on Sale SUPERMAN RETURNS (PG-13) ★
Adv. Tix on Sale PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (NR) ★
CARS (G) DIG ★ (1100 1130 150 220 435 500) 730 800 1015
THE OMEN (R) - ID REQ'D DIG (1120 200 435) 735 1020
THE BREAK-UP (PG-13) DIG (1150 1215 315 345) 655 725 935 1005
X-MEN 3 (PG-13) DIG (1115 150 415) 715 945
OVER THE HEDGE (PG) DIG (1145 205 420) 740 1000
THE DA VINCI CODE (PG-13) DIG (1200 1230 310 340) 650 720 1010 1030
MISSION IMPOSSIBLE 3 (PG-13) DIG (1210 350) 710 1000

POTOMAC YARD STADIUM 16
3575 Jefferson Davis Hwy 800-FANDANGO 690#

Adv. Tix on Sale NACHO LIBRE (PG) ★
Adv. Tix on Sale CLICK (PG-13) ★
Adv. Tix on Sale SUPERMAN RETURNS (PG-13) ★
Adv. Tix on Sale PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (NR) ★
CARS (G) DIG ★ (1240 110 140 210 330 400 430 500) 620 650 720 750 910 940 1010
THE OMEN (R) - ID REQ'D DIG (1250 150 340 440) 640 740 920 1020
THE BREAK-UP (PG-13) DIG (1150 130 200 230 420 450 520) 700 730 800 935 1005 1035
OC & DA: X-MEN 3 (PG-13) DIG (435) 950
X-MEN 3 (PG-13) DIG (1145 155 225 510) 710 745 1025
OVER THE HEDGE (PG) DIG (1200 1230 220 250 445 515) 705 925
SEE NO EVIL (R) - ID REQ'D DIG 725 945
THE DA VINCI CODE (PG-13) DIG (1155 1255 310 410) 635 735 1000
MISSION IMPOSSIBLE 3 (PG-13) DIG (115 415) 715 1015

COUNTRYSIDE STADIUM 20
45980 Regal Plaza 800-FANDANGO 394#

Adv. Tix on Sale CLICK (PG-13) ★
Adv. Tix on Sale SUPERMAN RETURNS (PG-13) ★
Adv. Tix on Sale PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (NR) ★
Adv. Tix on Sale NACHO LIBRE (PG) ★
OC & DA: X-MEN 3 (PG-13) DIG (445) 1025
CARS - DIGITAL PROJECTION (G) DIG ★ (1250 350) 650 950
CARS (G) DIG ★ (1120 1220 120 150 220 320 420 450 520) 620 720 750 820 920 1020
THE OMEN (R) - ID REQ'D DIG (1150 130 230 410 510) 730 830 1040
THE BREAK-UP (PG-13) DIG (1140 1240 140 240 340 440 540) 640 740 840 930 1030
X-MEN 3 (PG-13) DIG (1145 1245 145 245 345 545) 745 845
THE DA VINCI CODE (PG-13) DIG (1100 110 210 435 530) 710 810 910 1035
OVER THE HEDGE (PG) DIG (1130 1230 100 200 330 400 430) 630 715 850 945
POSEIDON (PG-13) DIG 645 915
MISSION IMPOSSIBLE 3 (PG-13) DIG (1200 310) 610 940
RV (PG) DIG (1210 330) 635 1000

ROCKVILLE CENTER STADIUM 13
Rockville Town Center 800-FANDANGO 248#
Free Theatre Parking- Monroe Street Garage
Weeknights after 6 PM- all day Saturday/Sunday

Adv. Tix on Sale NACHO LIBRE (PG) ★
Adv. Tix on Sale CLICK (PG-13) ★
Adv. Tix on Sale SUPERMAN RETURNS (PG-13) ★
Adv. Tix on Sale PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (NR) ★
CARS (G) DIG ★ (1130 1230 130 230 330 430 530) 700 730 830 945 1015
THE OMEN (R) - ID REQ'D DIG (1200 235 510) 750 1025
THE BREAK-UP (PG-13) DIG (1145 1215 155 225 255 435 505 535) 715 745 815 950 1030 1055
X-MEN 3 (PG-13) DIG (1135 1210 215 250 450 525) 720 755 955 1035
OVER THE HEDGE (PG) DIG (1255 300 500) 735 940
THE DA VINCI CODE (PG-13) DIG (1220 100 345 420) 705 740 1020
MISSION IMPOSSIBLE 3 (PG-13) (135 425) 710 1000

FAIRFAX TOWNE CENTER 10
4110 W Ox Road 800-FANDANGO 670#

Adv. Tix on Sale NACHO LIBRE (PG) ★
Adv. Tix on Sale CLICK (PG-13) ★
Adv. Tix on Sale SUPERMAN RETURNS (PG-13) ★
Adv. Tix on Sale PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (NR) ★
Adv. Tix on Sale KORN IN CONCERT (R) - ID REQ'D ★
TYPHOON (R) - ID REQ'D (1210 300) 650 920
X-MEN 3 (PG-13) DIG (1100 1145 1230 145 230 330 430 515) 645 720 800 930 1000
SEE NO EVIL (R) - ID REQ'D DIG 1030
JUST MY LUCK (PG-13) DIG (1150 220 500) 740 1010
KEEPING UP WITH THE STEINS (PG-13) DIG (1200 240 510) 750 1025
WATER (PG-13) DIG (1220 320) 710 950
RV (PG) DIG (1130 200 440) 730 955
AKEELAH AND THE BEE (PG) DIG (1120 210 450) 735 1020
THANK YOU FOR SMOKING (R) - ID REQ'D (1110 140 400) 700 940

GERMANTOWN STADIUM 14
20000 Century Blvd 800-FANDANGO 455#

Adv. Tix on Sale NACHO LIBRE (PG) ★
Adv. Tix on Sale CLICK (PG-13) ★
Adv. Tix on Sale SUPERMAN RETURNS (PG-13) ★
Adv. Tix on Sale PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (NR) ★
CARS (G) DIG ★ (1150 1230 100 300 345 420) 645 715 750 945 1015
THE OMEN (R) - ID REQ'D DIG (1210 1250 245 350 515) 700 750 945 1030
THE BREAK-UP (PG-13) DIG (1200 1230 110 240 330 420 510) 640 715 745 930 1020
X-MEN 3 (PG-13) DIG (1210 115 245 400 515) 710 810 1000
OVER THE HEDGE (PG) DIG (1200 100 235 345 500) 740 1015
THE DA VINCI CODE (PG-13) DIG (1215 340) 720 1030
POSEIDON (PG-13) DIG 730 1020
MISSION IMPOSSIBLE 3 (PG-13) DIG (1240 350) 700 1010

UA SNOWDEN SQ STADIUM 14
9161 Commerce Ctr Dr 800-FANDANGO 570#

Adv. Tix on Sale CLICK (PG-13) ★
Adv. Tix on Sale SUPERMAN RETURNS (PG-13) ★
Adv. Tix on Sale PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (NR) ★
Adv. Tix on Sale KORN IN CONCERT (R) - ID REQ'D ★
Adv. Tix on Sale NACHO LIBRE (PG) ★
CARS (G) DIG ★ (1230 130 230 330 430 530) 700 730 830 945 1015
THE OMEN (R) - ID REQ'D DIG (145 445) 745 1015
THE BREAK-UP (PG-13) DIG (1230 230 400 530) 730 830 1010
X-MEN 3 (PG-13) DIG (1245 130 215 330 415 515) 630 715 800 930 1010
OC & DA: DA VINCI CODE (PG-13) DIG (315) 1000
OVER THE HEDGE (PG) DIG (1245 215 300 430 515) 700 930
THE DA VINCI CODE (PG-13) DIG (1200) 645 745
POSEIDON (PG-13) DIG (115)
MISSION IMPOSSIBLE 3 (PG-13) DIG (1200 300) 645 950
RV (PG) DIG (400) 715 940

MANASSAS STADIUM 14
11380 Bulloch Drive 800-FANDANGO 490#

Adv. Tix on Sale NACHO LIBRE (PG) ★
Adv. Tix on Sale CLICK (PG-13) ★
Adv. Tix on Sale SUPERMAN RETURNS (PG-13) ★
Adv. Tix on Sale PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (NR) ★
CARS (G) DIG ★ (1100 1130 1200 1230 200 230 300 330 500 530) 650 720 750 830 945 1010 1040
THE OMEN (R) - ID REQ'D DIG (100 355) 725 1020
THE BREAK-UP (PG-13) DIG (1140 1240 105 220 345 415 520) 645 730 800 930 1005 1030
X-MEN 3 (PG-13) DIG (1120 1250 150 340 450) 710 745 940 1025
OVER THE HEDGE (PG) DIG (1110 1220 145 240 405 510) 740 1000
THE DA VINCI CODE (PG-13) DIG (1150 310) 635 700 950 1015
MISSION IMPOSSIBLE 3 (PG-13) DIG (1210 320) 705 955

Times For 6/13/06 Daily Bargain Matinees In ( ) OC= Open Captioned DA= Descriptive Audio Available * Pass / Discount Ticket Restrictions Apply ©2006

amc Experience the Difference

Advanced Ticketing at MovieWatcher.com

AMC SELECT - The best specialty films.

AMC HOFFMANN CENTER 22
Eisenhower Ave and Telegraph Road in Alexandria
703-998-4AMC

CARS (G) ✓ 11:30, 12:15, 1:00, 1:45, 2:30, 3:15, 4:00, 4:45, 5:30, 6:15, 7:00, 7:45, 8:30, 9:15, 10:00, 10:45
THE OMEN (R) ✓ 1:05, 2:10, 4:10, 5:05, 7:05, 8:35, 10:05
THE BREAK-UP (PG13) 11:15, 12:45, 1:30, 2:15, 3:45, 4:30, 5:15, 6:45, 7:30, 8:15, 9:45, 10:30
THE BREAK-UP (PG13) 1:30, 4:30, 7:30, 10:30
X-MEN: THE LAST STAND (PG13) 11:20, 12:05, 12:50, 1:35, 2:20, 3:05, 3:50, 4:35, 5:20, 6:05, 6:50, 7:35, 8:20, 9:05, 9:50, 10:35
THE DA VINCI CODE (PG13) 11:35, 1:20, 3:00, 4:25, 5:10, 7:10, 7:55, 8:40, 10:45
OVER THE HEDGE (PG) 11:00, 11:45, 12:30, 1:15, 2:00, 2:45, 3:30, 5:00, 5:50, 7:15, 8:00, 9:35, 10:15
SEE NO EVIL (R) 8:15, 10:25
POSEIDON (PG13) 12:25, 3:10, 5:45
MISSION: IMPOSSIBLE III (PG13) 12:55, 4:05, 7:10, 10:20

AMC SELECT
A PRAIRIE HOME COMPANION (PG13) ✓ 1:25, 4:20, 7:25, 10:10
AKEELAH AND THE BEE (PG) 1:40, 4:30, 7:20, 10:05

AMC SPRINGFIELD MALL 10
Loisdale and Franconia Road
703-971-3991

CARS (G) 2:00, 5:00, 8:00
THE OMEN (R) 1:50, 4:40, 8:45
THE BREAK-UP (PG13) 1:40, 4:20, 8:20
X-MEN: THE LAST STAND (PG13) 1:30, 4:00, 4:50, 7:30, 8:45
THE DA VINCI CODE (PG13) 4:30, 5:00, 7:45, 8:15
OVER THE HEDGE (PG) 4:40, 5:30, 7:30, 8:30
MISSION: IMPOSSIBLE III (PG13) 5:15, 8:00

AMC MAZZA GALLERIE
Jenifer and Wisconsin
202-537-9553

CARS (G) ✓ 12:30, 1:45, 3:30, 4:45, 6:30, 7:45, 9:30
THE BREAK-UP (PG13) 12:00, 1:00, 2:30, 3:30, 5:00, 6:05, 7:30, 8:30, 10:15
THE DA VINCI CODE (PG13) 11:45, 12:45, 3:00, 4:05, 6:15, 7:15, 9:30
THE DA VINCI CODE (PG13) 12:45, 4:05, 7:15
OVER THE HEDGE (PG) 12:00, 2:05, 4:10, 9:55

LOEWS GEORGETOWN 14
3111 K Street, N.W.
202-342-6441 821

PRESENTED IN DIGITAL PROJECTION
CARS (G) ✓ 11:00 AM
CARS (G) ✓ 1:45, 4:45, 7:45, 10:45
THE OMEN (R) ✓ 1:20, 4:10, 7:10, 9:50
THE OMEN (R) ✓ 1:20, 4:10, 7:10, 9:50
THE BREAK-UP (PG13) 12:00, 1:40, 2:40, 4:20, 5:20, 7:00, 8:00, 9:45, 10:45
X-MEN: THE LAST STAND (PG13) 12:45, 2:10, 3:25, 4:45, 6:20, 7:35, 8:50, 10:30
THE DA VINCI CODE (PG13) 12:30, 1:30, 4:00, 7:25, 10:45
OVER THE HEDGE (PG) 1:50, 4:15, 6:45, 9:15
MISSION: IMPOSSIBLE III (PG13) 1:15, 4:40, 7:45, 10:40

AMC SELECT
A PRAIRIE HOME COMPANION (PG13) 2:00, 4:30, 7:15, 10:00
DISTRICT B-13 (R) 12:50, 3:50, 6:30, 9:00
AN INCONVENIENT TRUTH (PG) 1:10, 2:35, 3:35, 5:10, 6:10, 7:40, 8:40, 10:10

LOEWS UPTOWN 1
3426 Connecticut Avenue N.W.
202-966-5400 713

MISSION: IMPOSSIBLE III (PG13) 1:20, 4:10, 7:00, 9:45

AMC POTOMAC MILLS 18
2700 Potomac Mills Circle, Ste 886
703-998-4262

CARS (G) ✓ 12:45, 1:45, 2:45, 3:45, 4:45, 5:45, 6:45, 7:45, 8:45, 9:45
THE OMEN (R) ✓ 1:40, 2:40, 4:20, 5:20, 7:00, 8:00, 9:40
THE BREAK-UP (PG13) 1:00, 2:00, 3:00, 3:40, 4:40, 5:40, 6:20, 7:25, 8:20, 9:00, 10:00
X-MEN: THE LAST STAND (PG13) 12:55, 1:50, 2:50, 3:30, 4:30, 5:25, 6:10, 7:10, 8:10, 8:50, 9:50
THE DA VINCI CODE (PG13) 12:50, 3:05, 4:00, 6:30, 7:30, 9:55
OVER THE HEDGE (PG) 1:05, 2:30, 3:25, 4:55, 5:55, 7:20, 8:15, 9:30
SEE NO EVIL (R) 9:55 PM
POSEIDON (PG13) 2:35, 5:15, 7:35
MISSION: IMPOSSIBLE III (PG13) 1:10, 4:10, 7:15, 10:00

AMC SELECT
A PRAIRIE HOME COMPANION (PG13) ✓ 2:05, 4:35, 7:05, 9:35

AMC COLUMBIA MALL 14
10300 Patuxent Parkway
410-423-0520

CARS (G) 12:40, 1:40, 3:35, 4:35, 6:30, 7:30, 9:25, 10:25
THE OMEN (R) 2:20, 5:00, 7:50, 10:30
THE BREAK-UP (PG13) 12:00, 1:30, 2:40, 4:10, 5:20, 7:00, 8:00, 9:40, 10:40
X-MEN: THE LAST STAND (PG13) 12:15, 1:10, 1:50, 2:50, 3:45, 4:25, 5:25, 6:15, 7:10, 8:10, 8:50, 9:50, 10:45
THE DA VINCI CODE (PG13) 12:30, 2:45, 3:50, 6:05, 7:05, 9:20, 10:20
OVER THE HEDGE (PG) 12:10, 1:20, 2:25, 3:30, 4:50, 5:55, 8:05, 10:15
POSEIDON (PG13) 7:20, 10:00
MISSION: IMPOSSIBLE III (PG13) 1:00, 4:05, 6:50, 9:35

AMC SELECT
A PRAIRIE HOME COMPANION (PG13) 12:05, 2:35, 5:05, 7:40, 10:10

LOEWS FAIRFAX SQUARE 8
8065 Leesburg Pike
703-506-9857 802

THE OMEN (R) ✓ 12:00, 2:30, 5:00, 7:45
X-MEN: THE LAST STAND (PG13) 12:15, 1:30, 2:45, 4:00, 5:20, 6:45, 8:00
OVER THE HEDGE (PG) 12:30, 2:40, 4:50, 7:00
MISSION: IMPOSSIBLE III (PG13) 1:00, 4:15, 7:15
RV (PG) 12:50, 3:10, 5:30, 7:55

AMC SELECT
AKEELAH AND THE BEE (PG) 11:00 AM
KEEPING UP WITH THE STEINS (PG13) 12:45, 3:00, 5:25, 7:35
AKEELAH AND THE BEE (PG) 1:45, 4:45, 7:50

MAGIC JOHNSON CAPITAL CENTRE 12
800 Shopper's Way, Largo
301-324-4220 844

CARS (G) 1:00, 1:45, 3:45, 4:45, 6:45, 7:45, 9:30, 10:30
THE OMEN (R) 1:20, 2:20, 4:00, 5:00, 7:20, 8:20, 10:00, 10:50
THE BREAK-UP (PG13) 2:50, 5:20, 7:50, 10:20
THE BREAK-UP (PG13) 2:50, 5:20, 7:50, 10:20
X-MEN: THE LAST STAND (PG13) 1:25, 2:25, 4:25, 5:25, 7:00, 8:00, 9:35, 10:35
THE DA VINCI CODE (PG13) 3:40, 7:10, 10:40
OVER THE HEDGE (PG) 1:05, 2:05, 3:05, 4:05, 5:05, 6:30, 8:30, 10:45
SEE NO EVIL (R) 7:25, 9:50
POSEIDON (PG13) 7:30, 10:15
MISSION: IMPOSSIBLE III (PG13) 1:10, 4:10, 7:05, 10:10

AMC SELECT
AKEELAH AND THE BEE (PG) 2:00, 4:30

LOEWS SHIRLINGTON 7
2772 South Randolph
703-671-0910 801

AMC SELECT
A PRAIRIE HOME COMPANION (PG13) 1:40, 4:20, 7:20, 9:50
DISTRICT B-13 (R) 2:00, 4:40, 7:40, 9:40
AN INCONVENIENT TRUTH (PG) 1:20, 3:30, 5:40, 7:50, 10:00
SKETCHES OF FRANK GEHRY (PG13) 1:50, 4:30, 7:00, 9:20
THE LOST CITY (R) 1:10, 4:10, 7:10, 10:00
WATER (PG13) 1:00, 3:40, 7:00, 9:30
FRIENDS WITH MONEY (R) 1:30, 7:30
THANK YOU FOR SMOKING (R) 3:50, 10:10

AMC TYSONS CORNER 16
7850 Tysons Corner Center
703-998-4262

CARS (G) ✓ 12:05, 1:40, 3:00, 4:35, 5:50, 7:30, 8:45, 10:15
THE OMEN (R) ✓ 12:20, 1:30, 2:55, 4:15, 5:25, 7:05, 8:05, 9:40, 10:40
THE BREAK-UP (PG13) 12:25, 1:20, 2:15, 3:10, 4:10, 5:05, 5:55, 6:50, 7:45, 8:35, 9:30, 10:25
THE BREAK-UP (PG13) 1:20, 4:10, 6:50, 9:30
X-MEN: THE LAST STAND (PG13) 12:35, 1:35, 2:35, 3:20, 4:20, 5:15, 6:15, 7:00, 8:00, 8:55, 9:45, 10:35
THE DA VINCI CODE (PG13) 12:30, 2:25, 3:50, 5:00, 6:05, 7:10, 8:20, 9:25, 10:30
OVER THE HEDGE (PG) 12:40, 1:45, 2:50, 3:55, 6:00, 8:10, 10:10
POSEIDON (PG13) 12:15 PM
MISSION: IMPOSSIBLE III (PG13) 12:00, 2:45, 5:45, 8:30

AMC SELECT
A PRAIRIE HOME COMPANION (PG13) 12:10, 2:40, 5:10, 7:50, 10:20

AMC RIVERTOWNE 12
Exit 4A I-95, 1/2 mi. on Oxon Hill Rd.
703-998-4AMC

CARS (G) ✓ 12:30, 1:45, 3:30, 4:45, 6:30, 7:45
THE OMEN (R) ✓ 12:40, 1:40, 4:05, 5:00, 7:20, 7:50
THE BREAK-UP (PG13) 1:10, 4:10, 7:15
X-MEN: THE LAST STAND (PG13) 12:20, 1:30, 2:45, 4:20, 5:25, 7:00, 8:00
THE DA VINCI CODE (PG13) 12:25, 3:30, 7:05
OVER THE HEDGE (PG) 12:35, 1:15, 3:10, 4:15, 5:40, 7:10, 8:10
MISSION: IMPOSSIBLE III (PG13) 12:45, 3:45, 6:45

AMC SELECT
AKEELAH AND THE BEE (PG) 1:00, 4:30, 7:30

AMC COURTHOUSE PLAZA 8
Courthouse and Birch Rd.
703-998-4AMC

CARS (G) ✓ 2:00, 2:45, 4:45, 6:20, 7:20, 9:15, 10:15
X-MEN: THE LAST STAND (PG13) 2:30, 3:30, 4:30, 5:00, 6:30, 7:00, 7:30, 9:00, 9:30, 10:00
OVER THE HEDGE (PG) 2:15, 3:00, 4:15, 5:15, 6:45, 9:10
INSIDE MAN (R) 7:15, 10:05

AMC SELECT
A PRAIRIE HOME COMPANION (PG13) ✓ 2:10, 4:40, 7:10, 9:40

AMC COUNTRY CLUB MALL 6
Country Club Mall on Vocke Rd near Route 68.
703-998-4AMC

THE OMEN (R) ✓ 1:15, 4:15, 7:15, 9:45
THE BREAK-UP (PG13) 12:00, 2:30, 5:00, 7:30, 10:00
X-MEN: THE LAST STAND (PG13) 12:15, 1:30, 2:45, 4:00, 5:10, 6:45, 7:45, 9:30, 10:15
X-MEN: THE LAST STAND (PG13) 12:15, 2:45, 5:10, 7:45, 10:15
THE DA VINCI CODE (PG13) 12:30, 3:45, 7:00, 10:05
OVER THE HEDGE (PG) 12:00, 2:30, 4:45, 7:00, 9:15

LOEWS WISCONSIN AVE. 6
4000 Wisconsin Avenue, N.W.
202-244-0882 714

THE OMEN (R) 1:45, 4:25, 7:05
X-MEN: THE LAST STAND (PG13) 1:30, 2:00, 4:15, 4:40, 7:00, 7:15
INSIDE MAN (R) 1:20, 4:00, 6:50

AMC SELECT
A PRAIRIE HOME COMPANION (PG13) 1:50, 4:20, 7:10
AKEELAH AND THE BEE (PG) 1:40, 4:10, 6:45

LOEWS DUPONT 5
1350 19th St.
202-872-9555 711

DOWN IN THE VALLEY (R) 1:30, 4:15, 7:10, 9:50

AMC SELECT
12 AND HOLDING (R) 2:45, 5:30, 7:40, 9:45
KEEPING UP WITH THE STEINS (PG13) 2:20, 5:20, 7:30, 9:30
WAH-WAH (R) 2:10, 4:50, 7:20, 9:25
WATER (PG13) 2:00, 4:30, 7:00, 9:40

LOEWS WHITE FLINT 5
North Bethesda
310-423-1014 741

CARS (G) 1:45, 4:45, 7:20, 9:50
THE BREAK-UP (PG13) 1:30, 4:30, 7:15, 9:30
X-MEN: THE LAST STAND (PG13) 1:45, 4:15, 7:30, 10:30
THE DA VINCI CODE (PG13) 1:00, 4:00, 7:00, 10:00
OVER THE HEDGE (PG) 2:10, 4:25, 7:10, 9:15

Times for Tuesday, June 13, 2006

CC - Closed Captioning · DV - Descriptive Video Service
✓-SPECIAL ENGAGEMENT No passes or discount coupons
Matinee price for all shows Fri-Sun & holidays before 4PM and Mon-Thu before 6PM.

HAIR LOSS?
Get results with laser hair rejuvenation
As reported on ABC, CBS, NBC and Fox
TRICHOLOGY HAIR SOLUTIONS
NON SURGICAL
FREE Consultation $125.00 Value (Limited Time)
DC Areas Hair Loss Experts
DC/Tysons
703-281-4247
thehairlossclinic.com
Men & Women All Hair Types

STOP STRESS INCONTINENCE TODAY!
The facts you need to know!

Attend a **FREE** seminar sponsored by Mentor Corporation to learn more about new and minimally invasive solutions to treat female stress urinary incontinence.

DATE: **Thursday, June 15, 2006**
TIME: **6:30 p.m.**
LOCATION:
John T. Hazel, M.D. Conference Center
1701 North George Mason Drive
Arlington, VA 22205
PRESENTER:
Luis E. Sanz, M.D., FACOG
Director of Urogynecology & Pelvic Reconstruction Surgery
RSVP:
703.558.0877 or
www.virginiahospitalcenter.com

Find a solution that is right for you!

the power to transform MENTOR
www.backincontrol.mentorcorp.com
VIRGINIA HOSPITAL CENTER

Independent Thinkers Welcome

June 13-18, Two Thousand Six
SILVERDOCS
AFI / DISCOVERY CHANNEL DOCUMENTARY FESTIVAL
AFI Silver Theatre, Downtown Silver Spring
SILVERDOCS.com
AFI · Discovery Channel · cpb · The New York Times · Comcast · The Gazette · Washington · Courtyard · current_ · Borders · storehouse · Finlandia · Jekel

Adapt you.

"Personal Tech" can give you cool and useful tools. **Mondays.**

express

X017e 3x2.5

Television

SCREEN QUEEN: Queen Latifah moves from big screen back to small with an upcoming HBO movie. "Life Support" co-stars Anna Deveare Smith and Wendell Pierce in a TV movie about an HIV-positive former addict who becomes an AIDS educator.

Between the Lines

It's Tuesdays with morons on CBS' airheaded 'Book Club'

DEBUT | What ever happened to truth in packaging? The "Tuesday" part of the "Tuesday Night Book Club" (10 p.m., CBS) is legit, but the "Book Club" part is a real stretch.

This series purports to follow seven "real" women who meet every Tuesday at the home of a Scottsdale, Ariz., friend to discuss "books." Their assignment in chapter one is to read, or at least peruse, a how-to tome about being "good in bed," but this bevy of beauties is too dim, dense and shallow to wade through more than 20 pages. One confesses that she's a "slow reader."

CBS

WHY MISTI CAN'T READ: Some of the "Book Club" wives study Chardonnay.

So, with the formality of the "book" business out of the way, they get down to their favorite subjects: themselves, their "needs" and how their husbands can't meet them.

Like a group of superheroes, every woman has a label: "The Divorced Mom," "The Doctor's Wife," "The Conflicted Wife." "The Trophy Wife," "The Party Girl.

Clearly a cheap and dirty knock-off of "Desperate Housewives," this series is far too stupid to pass as satire. In fact, it pales in comparison with Bravo's "Real Housewives of Orange County." At least that saga of botox, adultery and siliconed souls had some cringe value. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

ON TV TONIGHT

EIGHT SHOULD BE ENOUGH
An Australian couple awaits their second set of quadruplets on **MULTIPLE MIRACLES** (8 p.m., Discovery Health).

NOW HOW ABOUT HIS SOUL?
Tommy comes to terms with his godson's science teacher on **RESCUE ME** (10 p.m., FX).

AN OPPORTUNITY FOR FARCE ... OR ALL-OUT WAR
The team goes undercover at a Middle Eastern embassy on **THE UNIT** (9 p.m., CBS).

PEACE, LOVE AND REHAB
The dark side of the "peace and love" counterculture emerges on part two of **THE DRUG YEARS** (9 p.m., VH1).

CRABS OF DOOM
DEADLIEST CATCH (9 p.m., Discovery), a documentary look at the dangerous life on a commercial fishing vessel, ends its second season. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

DISCOVERY

This "Deadly Catch" captain has a purpose in life; see photo at left for contrast.

6.13.06		6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
LOCAL CHANNELS	WRC 4	News		NBC Nightly News	Access Hollywood	Fear Factor "Reality Stars 1" (N)		Last Comic Standing (N)		Law & Order: Special Victims Unit		News	Tonight Show
	WTTG 5	Seinfeld	The Simpsons	The Simpsons	Seinfeld	House Cuddy's handyman falls.		House "TB or Not TB" (PA)		News		Geraldo at Large	King of the Hill
	WJLA 7	News	ABC Wld News	Wheel of Fortune	Jeopardy! (N)	According to Jim	(:31) NBA Nation	NBA Basketball Finals Game 3 -- Dallas Mavericks at Miami Heat. (S Live)					News
	WUSA 9	News	CBS News	9News Tonight	Entertainment	NCIS "Ravenous"		The Unit "Security"		Tuesday Night Book Club		News	Late Show
	WDCA 20	King of the Hill	That '70s Show	That '70s Show	Every-Raymond	America's Next Top Model		Veronica Mars "Blast From the Past"		The Tyra Banks Show (N)		Girlfriends	Girlfriends
	WMPT 22	The NewsHour With Jim Lehrer (N)		Business Rpt.	Outdoors Md.	Nova "Saving the National Treasures"		Frontline "The Insurgency"		Japan's War in Colour		Japan's War in Colour	
	WETA 26	BBC World News	Business Rpt.	The NewsHour With Jim Lehrer (N)		Nova Conflicts lead to Albert Einstein's mathematical discovery.				Edens Lost and Found		Charlie Rose (N)	
	WHUT 32	World Business	Tavis Smiley	BBC World News	Moneywise	Mystery! A chance meeting between two old friends results in murder.				BBC World News	Tavis Smiley	Charlie Rose (N)	
	WDCW 50	My Wife and Kids	Bernie Mac	My Wife and Kids	Bernie Mac	Gilmore Girls "I'm OK, You're OK"		Pepper Dennis "Pilot"		Friends	Friends	Sex and the City	Sex and the City
BASIC CABLE	A&E	American Justice "Playing With Fire"		Cold Case Files		Biography "Andre the Giant"		Bounty Hunter	Bounty Hunter	King of Cars	King of Cars	Crossing Jordan "Pandora's Trunk"	
	Animal	The Crocodile Hunter		The Most Extreme Temper tantrums.		Profiles of Nature		The Most Extreme "Diggers"		Beastly Countdown Birds; raccoons.		Profiles of Nature	
	BET	106 & Park: BET's Top 10 Live			BET.com Count	Movie				Top Awards Show Moments (N)		Jamie Foxx	Jamie Foxx
	Bravo	Kathy Griffin: My Life on the D-List		The West Wing "Isaac and Ishmael"		Kathy Griffin: My Life on the D-List		Kathy Griffin: My Life on the D-List		Queer Eye for the Straight Guy (N)		Kathy Griffin: My Life on the D-List	
	Comedy	★ "Out Cold" (2001, Comedy-Drama) Jason London, Lee Majors.				Daily Show	Colbert Report	Mind of Mencia	South Park	Dog Bites Man	Chappelle's Show	Daily Show	Colbert Report
	Court	NYPD Blue "Zeppo Marks Brothers"		Cops	Cops	Cops	Cops	Cops	Cops	The World's Scariest Police Stings		Masterminds	Masterminds
	Discovery	Deadliest Catch "On the Edge"		Deadliest Catch "Pribilof Stare"		Deadliest Catch		Deadliest Catch "Cashing In" (N)		Dirty Jobs "Casino Food Recycler"		Dirty Jobs Garbage man.	
	DISCH	Paramedics "For Better, for Worse"		Trauma: Life in the ER "The Frontier"		Multiple Miracles (N)		Untold Stories of the E.R.		Diagnosis: Unknown "Silent Death"		Multiple Miracles	
	Disney	That's So Raven	Zack & Cody	Phil of the Future	That's So Raven	"Cow Belles" (2006, Comedy) Alyson Michalka.			(:45) Kim Possible	American Drgn	American Drgn	Zack & Cody	That's So Raven
	E!	Sexiest Red carpet.		E! News (N)	The Daily 10 (N)	50 Most Shocking Celebrity Confessions Celebrity confessions.				Sexiest "Bad Boys" Bad boys. (N)		E! News	Sat. Night Live
	FX	King of the Hill	That '70s Show	That '70s Show	★ "Cold Creek Manor" (2003) Dennis Quaid. An ex-con plagues a family in their new mansion.					Rescue Me "Torture" (N)		(:05) Rescue Me "Torture"	
	HGTV	Renovation	Wknd Warriors	Curb Appeal	House Hunters	Designed to Sell	Bad, Bad Bath (N)	Decorating Cents	Curb Appeal (N)	House Hunters	Buy Me (N)	Parents House	Designer Finals
	Family	7th Heaven "Choices"		7th Heaven		★★ "Scooby-Doo" (2002) Freddie Prinze Jr., Sarah Michelle Gellar.				Whose Line?	Whose Line?	The 700 Club	
	History	Enforcers: Border Patrol		Modern Marvels: Stock Exchange		Decoding the Past Predicting events.		Mega Disasters: Earthquake		Mega Movers "Tower Crane" (N)		Modern Marvels: The Atlantic Wall	
	Lifetime	The Golden Girls	The Golden Girls	★★ "A Vow to Kill" (1995) Julianne Phillips, Richard Grieco. Premiere.				"Wicked Minds" (2002, Suspense) Angie Everhart, Andrew Walker.				Will & Grace	Will & Grace
	MTV	Can't Be You	Room Raiders	Sucker Free		The Real World	The Real World	The Real World	The Real World	The Real World	Blowin' Up	(:10) Fast Inc.	(:40) Fast Inc.
	NICK	Ned's School	Danny Phantom	Fairly OddParents	Jimmy Neutron	SpongeBob	Zoey 101	Full House	Hi-Jinks	Fresh Prince	Roseanne	Roseanne	The Cosby Show
	SCIFI	(5:30) ★★ "Stargate" (1994) Kurt Russell, James Spader.				★★ "Immortal" (2004, Science Fiction) Charlotte Rampling. Premiere.				ECW (Live)		"Hellraiser: Hellworld" (2005)	
	SPIKE	World's Wildest Police Videos		CSI: Crime Scene Investigation		CSI: Crime Scene Investigation		★★★ "Top Gun" (1986, Adventure) Tom Cruise, Kelly McGillis, Anthony Edwards.					MXC
	TBS	Seinfeld	Seinfeld	Every-Raymond	Every-Raymond	Friends	Friends	Sex and the City	Sex and the City	Seinfeld	Seinfeld	Every-Raymond	Every-Raymond
	TLC	While You Were Out		Overhaulin'		Million Dollar Auctions Rare and unique vehicles trade hands. (N)				Miami Ink "Going for the Gold"		Million Dollar Auctions	
	TNT	Law & Order "Hunters"		Without a Trace "Birthday Boy"		Law & Order "Open Season"		Law & Order "Blaze" (DVS)		Law & Order "Nowhere Man"		Cold Case "A Time to Hate"	
	USA	(5:00) ★ "Out for a Kill" (2003)		Law & Order: Criminal Intent		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Law & Order: Criminal Intent		Law & Order: Criminal Intent	
	VH1	Hogan Knows	Hogan Knows	Hogan Knows	Hogan Knows	Hogan Knows	Hogan Knows	The Drug Years "Feed Your Head"		My Fair Brady	Celeb Couples	Behind the Music N. Lachey.	
SPAN.	TELEM	Sala de Parejas	Noti-Telemndo	La Tormenta		(:05) Tierra de Pasiones		(:15) Corazón Partido		Decisiones		Noti-Telemndo	Laura
	UNIV	Que Locura	Noticiero Univ	Peregrina (N)		La Fea Más Bella (N)		Barrera de Amor (N)		Que Madre Tan	Vecinos	Primer Impacto	Noticiero Univ.
SPORTS	ESPN	SportsCenter (Live)			NFL Live	2005 U.S. Poker Championships (N)		2005 U.S. Poker Championships (N)		Baseball Tonight (Live)			SportsCenter
	ESPN2	Mike and Mike	Around the Horn	WNBA Basketball Charlotte Sting at Washington Mystics. (Live)				Kickboxing	Kickboxing	Kickboxing	Kickboxing	Quite Frankly With Stephen A. Smith	
	CSN	The Sports List	SportsNite	MLB Baseball Baltimore Orioles at Toronto Blue Jays. From Rogers Centre in Toronto. (Live)						SportsNite (Live)		Endless Golf	Best-Sports
NEWS	CNN	Lou Dobbs Tonight		The Situation Room		Paula Zahn Now		Larry King Live		Anderson Cooper 360			
	FNC	Special Report (Live)		The Fox Report With Shepard Smith		The O'Reilly Factor (Live)		Hannity & Colmes (Live)		On the Record-Van Susteren		The O'Reilly Factor	
	MSNBC	The Abrams Report		Hardball		Countdown With Keith Olbermann		Scarborough Country		Rita Cosby Live & Direct		The Situation With Tucker Carlson	
MOVIES	AMC	(5:30) ★★★ "From Russia With Love" (1963) Sean Connery. 'PG'				★★ "The Man With the Golden Gun" (1974, Action) Roger Moore, Christopher Lee. 'PG'					(:45) ★★★ "The Spy Who Loved Me" (1977) 'PG'		
	TCM	★★★ "High Society" (1956, Musical Comedy) Bing Crosby. 'NR' (DVS)				★★ "The Great Flamarion" (1945) Dan Duryea. 'NR'		★★ "Desperate" (1947) Raymond Burr. 'NR'				★★★ "He Walked by Night" (1948)	
	HBO	The Perfect Man	(:45) ★★ "The Grudge" (2004) Sarah Michelle Gellar. 'PG-13'				Countdown	★★ "The Skeleton Key" (2005, Suspense) Kate Hudson. 'PG-13'				Deadwood	
	MAX	House of Wax 'R'	★★ "Jingle All the Way" (1996) Arnold Schwarzenegger.			★★ "Why Do Fools Fall in Love" (1998, Biography) Halle Berry. 'R'				★★ "The Wedding Date" (2005) Debra Messing. 'PG-13'			House of Wax 'R'
	SHOW	(4:30) "The Shawshank Redemption"		★★★ "Sky Captain and the World of Tomorrow" (2004) Gwyneth Paltrow.				★★★ "Interview With the Vampire" (1994) Tom Cruise. iTV Premiere. 'R'				HUFF Huff wakes at Russell's house.	
	TMC	Bobby Jones	★ "The Killing Club" (1999) Julie Bowen. 'R'			"Pursued" (2004, Suspense) Christian Slater. 'R'			(:45) ★★ "Code 46" (2003, Science Fiction) Tim Robbins. 'R'				Dr. Goldfoot
	STARZ!	"The Life Aquatic With Steve Zissou"	(:15) ★★ "Judge Dredd" (1995) Sylvester Stallone, Diane Lane. 'R'					★ "Deuce Bigalow: European Gigolo" (2005) 'R'			(:35) ★★ "National Treasure" (2004) Nicolas Cage. 'PG'		
	ENCORE	★★ "Bridget Jones: The Edge of Reason" (2004) Renée Zellweger. 'R'				★★ "Something to Talk About" (1995) Julia Roberts. 'R'			(:45) ★★ "The Village" (2004) Bryce Dallas Howard. 'PG-13'				★ Child's Play 3

"We have to make sure the Czech Republic doesn't beat us twice." — **United States soccer coach Bruce Arena** on his team switching focus to Saturday's game against Italy after yesterday's 3-0 loss to the Czechs.

World Cup '06

Standings

GROUP	COUNTRY	W	L	D	P
A	Germany	1	0	0	3
	Ecuador	1	0	0	3
	Costa Rica	0	1	0	0
	Poland	0	1	0	0
B	England	1	0	0	3
	Sweden	0	0	1	1
	Trinidad/Tob.	0	0	1	1
	Paraguay	0	1	0	0
C	Argentina	1	0	0	3
	Netherlands	1	0	0	3
	Ivory Coast	0	1	0	0
	Serbia/Mont.	0	1	0	0
D	Mexico	1	0	0	3
	Portugal	1	0	0	3
	Angola	0	1	0	0
	Iran	0	1	0	0
E	Czech Republic	1	0	0	3
	Italy	1	0	0	3
	Ghana	0	1	0	0
	United States	0	1	0	0
F	Australia	1	0	0	3
	Brazil	0	0	0	0
	Croatia	0	0	0	0
	Japan	0	1	0	0
G	France	0	0	0	0
	South Korea	0	0	0	0
	Switzerland	0	0	0	0
	Togo	0	0	0	0
H	Saudi Arabia	0	0	0	0
	Spain	0	0	0	0
	Tunisia	0	0	0	0
	Ukraine	0	0	0	0

Today's Matches

S. KOREA — 9A | ESPN2 — TOGO

FRANCE — 12P | ESPN2 — SWITZERLAND

BRAZIL — 3P | ESPN2 — CROATIA

TOMORROW'S MATCHES

- Spain v. Ukraine, 9 a.m., ESPN2
- Tunisia v. Saudi Arabia, 12 p.m., ESPN2
- Germany v. Poland, 3 p.m., ESPN2

Leader Board

- **GOALS SCORED:** Germany, 4
- **SHOTS:** Sweden, 25
- **SHOTS ON GOAL:** Italy, 13
- **RED CARDS:** Trinidad and Tobago, 1

U.S. Falls Flat in Opener

Czechs hand America 3-0 loss, worst so far in the World Cup

WORLD CUP | Four years ago, the U.S. team woke up Americans to soccer with its surprise success in the World Cup. This time, it opened with a thud.

Routed 3-0 by the Czech Republic on Monday night, the United States might have a very short World Cup stay this year.

Czech giant Jan Koller scored just five minutes in, Tomas Rosicky added two goals and the Czechs coasted to an easy win.

Eager to prove they are among soccer's elite after their surprising quarterfinal finish in South Korea four years ago, the Americans brought their most-talented team ever to this year's tournament. They even got a pregame pep talk from President Bush, who called from Camp David before the game and wished them well.

But they disappointed millions of fans back home and about 5,000 who made the trek to Germany, falling to 0-8 in Europe in World Cup play.

With the loss, the Americans put themselves in an extremely difficult hole — in the last two World Cups, the only team to advance from the first round after losing its opener was Turkey in 2002. RONALD BLUM (AP)

MARTIN MEISSNER/AP

The Czech Republic's Jan Koller, right, puts one past American goalkeeper Kasey Keller in the fourth minute of the 3-0 Czech victory. The U.S. plays Italy on Saturday.

Italy Back on Top After 2-0 Win Over Ghana

Experienced Azzurri shut out first-timers, but lose their star, Totti

WORLD CUP | Italy's "danger man" came through for the Azzurri.

Andrea Pirlo, a player identified by Ghana as someone it needed to stop, scored in the 40th minute Monday night, and Vincenzo Iaquinta added a goal in the 83rd as Italy beat Ghana 2-0 in Group E at the World Cup.

Pirlo's shot from 22 yards sneaked through a maze of bodies and into the corner of the net, one of many opportunities for both teams in an entertaining match. Ghana fell just short on a number of scoring chances and showed itself worthy of playing in its first World Cup.

The win may have been costly for Italy. Key playmaker Francesco Totti exited the game after apparently reinjuring his surgically repaired left leg in the second half. His status for Saturday's game with the United States is uncertain. ANDREW DAMPF (AP)

ANDREW MEDICHINI/AP

Italy celebrates after scoring their second goal in a 2-0 win against Ghana.

AMERICA'S CUP

What does it mean for the U.S.?

This is not what Americans were hoping for. The team is in a hole now and probably has to beat Italy on Saturday to stay alive.

PLAYER OF THE DAY

Tim Cahill
MIDFIELDER, AUSTRALIA

On a day when Czechs and the Italians won comprehensive team victories, Tim Cahill's contributions stood out – and he played just 37 minutes. Brought on as a sub with the Socceroos trailing Japan, 1-0, Cahill leveled matters with his country's first World Cup goal off an 84th-minute scramble, then sealed victory with a spectacular long-range blast in the 89th. BRIAN STRAUS

AROUND THE WORLD

PHILIPPE HUGUEN/AFP/GETTY IMAGES

Togo coach Otto Pfister may not return to the team for its first game today.

TOGO

Future of Togo Coach Is Still Uncertain as Opener Nears

Togo's soccer association said Monday it was no longer sure that Otto Pfister would return to the team as coach. The 68-year-old German, who quit three days ago, was expected to return Monday night, but Pfister had not arrived at the team's hotel by 9 p.m., and it was uncertain when he would show up, federation spokesman Messan Attolou said. On Tuesday, the Sparrow Hawks play the Koreans in their first World Cup match. They will later face France and Switzerland in Group G. (AP)

STADIUMS

Stadiums Will Close Roofs

The roof at Frankfurt's World Cup stadium will close for afternoon matches in an attempt to improve the quality of television images marred by shadows on the opening weekend. Retractable roofs may be closed at Gelsenkirchen as well, a FIFA spokesperson said. FIFA did not expect the heat to intensify under the closed roofs, said Siegler, who was confident there would be no repeat of the "sauna like" conditions players experienced with the roof closed at Detroit during the 1994 World Cup. (AP)

Cahill Sparks Cup's First Comeback

WORLD CUP | Tim Cahill scored in the 84th and 89th minutes Monday and John Aloisi got a goal in injury time as Australia shocked Japan.

The Aussies didn't appear capable of even tying the game after falling behind in the first half. But Cahill equalized when he picked up a loose ball off a throw-in and beat Japan goalkeeper Yoshikatsu Kawaguchi with a right-footed shot in the 84th minute. Kawaguchi erred in coming out of his net.

It was the first time this World Cup a team has conceded the first goal but has come back to win. (AP)

Sports

11 **Total number of strikeouts** thrown by seven-time Cy Young Award winner Roger Clemens in his game Sunday with the Double-A Corpus Christi Hooks. The mark tied a team record for most strikeouts in a single game. Clemens is scheduled to rejoin the Astros on June 22.

ARMANDO FRANCA/AP

Ronaldinho is the best player on the best team in the world. Brazil has five World Cup titles and is the favorite again this year.

The World's 2nd Favorite

When not rooting for their own team, most fans cheer for Brazil

WORLD CUP | On the soccer field and off, the Brazilians have a way about them that everybody appreciates and nobody comes close to duplicating.

And like any megastars, the Brazilians have groupies. An entire nation full, and then some.

Even German fans, who boast a strong World Cup team of their own, wear the yellow and green of Os Canarinhos, the Little Canaries.

"Brazil is the second team of all the people in the world," said midfielder Gilberto Silva, noting that a country naturally cheers its own team first — and then Brazil. "The different countries, they love the way we play."

And the way they dance. And the way they party.

In Brazil, soccer is jogo bonito, the beautiful game. It is on the beach, in the alleys, on pitches surrounded by moats so fans can't storm the field.

The country has a record five World Cup titles, including two of the last three, and is an overwhelming favorite to make it six when the tournament ends next month in Berlin. Their quest starts today at 3 p.m. with a game against Croatia.

NANCY ARMOUR (AP)

Early Exit for Agassi After 3-Month Hiatus

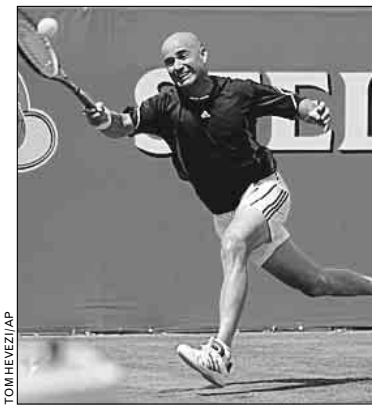
American's first match back from injury was a 'pretty ordinary' loss

TENNIS | Andre Agassi played his first match in more than three months Monday — and it showed.

The 36-year-old American lost 6-4, 6-4 to Tim Henman in the first round of the grass-court tournament at Queen's Club, a tuneup for Wimbledon.

"It's the first match in a long time," Agassi said. "Wasn't terribly pretty. Today I wanted to go out there and start average and end good. I feel like I started more uncomfortable than I wanted and ended pretty ordinary. That's not good."

Agassi had played only eight matches since the U.S. Open in September due to a bad back, with his last appearance coming at the Indian Wells tournament in March. (AP)



TOM HEVEZI/AP

Andre Agassi, still suffering from back pain, lost in straight sets on Monday.

TODAY'S TV LINEUP

NATIONALS (7 P.M. ON MASN) The young lefty Michael O'Connor has been a nice addition to the Nationals. Tonight, he faces Colorado for the first time.

ORIOLES (7 P.M. ON COMCAST) Adam Loewen has two no-decisions, and is still looking for his first win. He'll try to do it against one of the best: Toronto's Roy Halladay.

MYSTICS (7 P.M. ON ESPN2) After starting hot, the Mystics have cooled off recently. They'll look to break a two-game losing streak against Charlotte.

NBA PLAYOFFS (9 P.M. ON ABC) The Dallas Mavericks look unbeatable, and so far they have been. But now Shaq, Dwyane Wade and the Heat head back to Miami for Game 3.

Saturdays. Get ahead at DC's only weekend master's for working professionals.
www.soc.american.edu

EO/AA University and Employer

Film & Media Arts
Journalism
Public Communication

Learn more at our grad open houses.

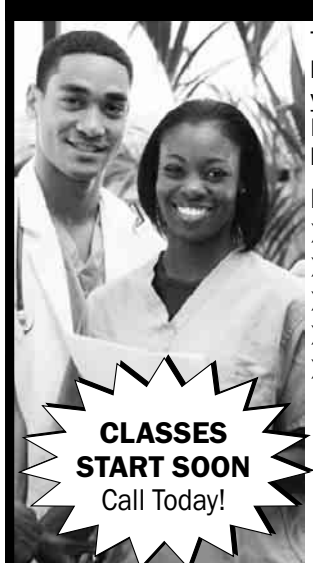
Thursday, June 15, 6:30 – 8 p.m.
Wednesday, July 12, 6:30 – 8 p.m.

At AU's main campus
4400 Massachusetts Ave., NW
Free parking or take Metro to AU/Tenleytown

AU SoC
SCHOOL OF COMMUNICATION
AMERICAN UNIVERSITY
WASHINGTON, DC

RSVP: 202.885.2040 or mediamasters@american.edu

WE CALL IT "HIRE" EDUCATION



CLASSES START SOON
Call Today!

Train for an in-demand career at **Banner College**. In less time than you may think, you can graduate from learning to earning in the growing **Healthcare** or **Technology** field.

Programs:
- **Medical Billing & Coding**
- Computer Networking & Security
- Massage Therapy
- Medical Assistant
- Surgical Technologist

CALL NOW:
1-877-600-8857

BANNER COLLEGE
2300 Wilson Boulevard, Suite 600
Arlington, VA 22201
www.bannercollege.edu

Approved for VA Benefits • Financial Aid for Those Who Qualify • Graduate Placement Assistance

Comcast®

1.888.COMCAST

Get Comcast Digital Cable

$33

for just

a month for 12 months when you also get High-Speed Internet and Comcast Digital Voice®*

PLUS

2 FREE tickets to Six Flags America§

*Offer expires 7/15/06. Offer only available in participating Comcast systems (and may not be transferred) and is limited to new residential Comcast Digital Cable, Comcast High-Speed Internet and Comcast Digital Voice® customers, located in Comcast wired and serviceable areas. Minimum Comcast subscription level of Enhanced Cable required in order to be eligible for $33 each per month for 12 months promotional offer, and offer is only available to customers who subscribe to Comcast High Speed Internet, Comcast Digital Voice, and Comcast Digital Cable. After promotional period, regular monthly rates apply (currently $132.21-$137.60 for Comcast High Speed Internet, Comcast Digital Voice and Enhanced Cable, depending on area). Pricing varies based on level of subscription to Comcast services. Equipment charges are additional. FOLLOWING PROMOTIONAL PERIOD, COMCAST'S REGULAR SERVICE AND EQUIPMENT CHARGES APPLY UNLESS SERVICE IS CANCELLED BY CALLING 1-888-COMCAST. Please call 1-888-COMCAST for pricing, service and equipment details. All logos and trademarks are property of their respective owners. © 2006 Comcast Cable Communications, LLC. All rights reserved.

§ Six Flags America tickets will be mailed to the subscriber once installation is complete. Voucher for two (2) tickets is valid for admission for two (2) people on one of the special Comcast Days at Six Flags America, Baltimore/Washington, DC during the 2006 season. See voucher for details and dates. SIX FLAGS and all related indicia are trademarks of Six Flags Theme Parks, Inc®, TM, © 2006. LOONEY TUNES and all related characters and elements are trademarks of a © Warner Bros. Entertainment Inc. Allow 2-4 weeks for delivery of voucher.

(s06)

ppi10469

ASK BETSY

About Student Loans

This column, contributed by American Student Assistance®, a nonprofit that provides student loan borrowers with the education and encouragement they need to successfully manage their debt, is published in the *Express* each month. You can "ask Betsy" questions about applying for student loans, repaying your loans, or what to do if you're having trouble paying your loans back. E-mail your questions to *askbetsydc@amsa.com*.

American Student Assistance — Think About Tomorrow

Interest Rates

Dear Betsy:
My sister and I are both in college this year. She got something in the mail advertising a school loan interest rate of 4% while I got something a few weeks later advertising almost 7%. Is she getting a lower rate because she is a freshman or is it because it's a different company? My school is telling me I have to take the higher rate loan.

Thank you,
Melanie

Dear Melanie:
This year is indeed a little complicated when it comes to federal student loan interest rates. Up until now, federal student loans such as the Stafford and PLUS Loan, have had variable interest rates that would change annually and could go no higher than 8.25% and 9% respectively. Last winter however, Congress passed amendments to the Higher Education Act that effectively changed the interest rate rules for the upcoming 2006-2007 school year and beyond. Stafford Loans first disbursed (paid out to the school or borrower) on or after July 1, 2006 will have a fixed interest rate of 6.8% for the life of the loan. PLUS Loans will have a fixed rate of either 7.9% or 8.5%, depending on your school's participation in the Direct Loan or Federal Family Education Loan Program. Any loans taken out prior to July 1, 2006 will continue to have a variable interest rate as described above for the life of the loan. I think the reason why you and your sister received different information is likely because her mail was discussing the current interest rate structure, while yours was describing the new one. Either way, the rates will be the same or similar regardless of the school or grade level you and your sister are enrolled in. You should note that many lenders offer interest rate discounts for on-time payment once you are out of school, so that may be one criteria for you to use as you shop around for a lender.

Regards,
Betsy

Graduate School Loans

Dear Betsy
My son is in graduate school this year and the school has told us that the federal student loan maximum has increased. Last year he borrowed the maximum and I helped him with the rest, but I'm not sure what to do this year. On the one hand, I don't want him to come out of school with a huge student loan debt, but on the other, things are going to be financially tighter for me this year then they were last year. How much will he be able to borrow? Is there any way I can take out a loan and maybe he pays it back?

Sincerely,
Joyce P.

Dear Joyce:
Graduate student loan annual maximums are going up in two ways. First, beginning July 1, 2007, the limit on unsubsidized Stafford Loans is increasing from $10,000 maximum per year to $12,000. Combined with the $8,500 maximum subsidized Stafford limit, this will leave your son with $20,500 in potential Stafford Loan eligibility. Additionally, beginning July 1, 2006, graduate students will be eligible to apply for the PLUS Loan, a loan with effectively no loan limit up to the cost of attendance minus any other financial aid. This loan requires a mild credit check, and your son is required to at least apply for the Stafford Loan maximum before applying for the PLUS loan. One downside to the PLUS is that while your son can likely defer the monthly payments while he is attending school, PLUS Loans have no six month grace period like Stafford loans, so he will need to begin paying as soon as he is no longer enrolled. Finally, while he's still in school you should encourage him to at least try to send payments toward the interest that will be accruing on his PLUS and unsubsidized Stafford Loans. Regarding loans that you as his parent can borrow, there are not any federal student loans that a parent can take out on behalf of a graduate student that I am aware of. There may very well be private loan programs that allow this and if so, your son's financial aid office should be able to offer some information.

Best of luck,
Betsy

build your IT skills

at our Arlington site on the Metro Line

MCSE Windows 2003	Starts June 19
MULTI-CERTIFICATE: A+/Network+/CCNA/MCP/Security+	Starts June 20
Oracle 10g DBA	Starts June 28
MS Exchange	Starts July 17
CISSP	Starts August 9
Web Development	Starts September 23

Call Program Advisor at 202.687.4504 or email cpdit@georgetown.edu

Georgetown University — Center for Professional Development

06N10

http://cpd.georgetown.edu

POTOMAC CELTIC ALLIANCE PRESENTS THE 13TH ANNUAL

Potomac Celtic Festival

FESTIVAL HIGHLIGHTS

Local and international Celtic performers including Gráda, Chulrua, Culkin School of Irish Dance, Le Vent du Nord & Tommy Sands. Juried crafts, unique artists, clans & societies, living history displays, children's activities, pipe bands and athletics.

[This year we feature the **Celtic Nation of Ireland**]

CELEBRATE FATHER'S DAY
(Dad not included or required)

$2.00 OFF
FULL PRICE GATE TICKET.

Excludes military, NiteFest! & previously discounted tickets.
Coupon code: **POST06**

Sat 10am–7:30pm & Sun 10am–5pm ∗ Morven Park Equestrian Center, Leesburg, VA

JUNE 17 & 18, 2006

Don't Breathe Filth!

Only $264 Buys Clean Air For Your Home.

1. *50% of all illnesses are either caused or aggravated by indoor air pollution.*
2. *Children, the elderly, asthma and allergy sufferers, smokers and pet owners are more likely to be affected by indoor air pollution.*
3. *A properly cleaned duct system can reduce your gas or electric bill up to 25%.*

Dust, dirt, mold and other contaminants removed from a three-year-old townhome.

Cyprus Air, For Air Duct Cleaning You Can Trust

Family owned and operated for over 30 years, Cyprus Air of Alexandria, Virginia has a proven track record of superior service and customer satisfaction. As members of the Air Conditioning Contractors of America, they adhere to strict professional standards and regulations.

50% OFF
Duct Cleaning & FREE Furnace Cleaning

CYPRUS AIR
HEATING & COOLING
703.765.9400
7525 Richmond Hwy
Alexandria, VA
3 Miles South Of I-495 & Old Town Alexandria
Call Monday-Saturday
8:00 A.M. - 7:00 P.M.

SERVING THE AREA FOR 30 YEARS! Thanks for trusting Washington's Most Experienced & Dependable Heating & Air Conditioning Company. Enjoy our Happy Anniversary Coupon.

Only $264.00, a 50% savings!

Coupon Expires 6/23/06. One coupon per customer. Coupon valid for one system per household, up to 8 vents; $20 per vent charge applies over 8 vents. One coupon per system.
Includes inspection and cleaning of the entire duct system and vents, blowers, motor and all other system components. ($528.00 Value)

readexpress.com

X120aC 2x.5

Make sure your message gets there fast—and first—to over 250,000 readers every weekday during the morning commute.

ADVERTISE IN EXPRESS.

Call 202.334.4532

express
A publication of The Washington Post

XX140c 3x1

Sports

Tiger's Back, and He Looks Familiar

Woods hasn't played since the Masters, but he's still in top form

GOLF | The U.S. Open didn't start on Monday, it only felt that way.

Tiger Woods caught the gallery by surprise when he teed off for a practice round a half-hour late and on the other side of the golf course, but there was no mistaking the buzz which followed him through a corridor of fans and onto the first tee at Winged Foot.

And the shot looked familiar, too.

"People were genuinely glad to see him, and so was I," said Jeff Sluman, who played the front nine with Woods, Charles Howell III and Bo Van Pelt. "It was good to see him step on the first tee ... and hit a 340-yard drive."

It was the first time Woods has been at any golf tournament since Sunday afternoon at the Masters, where his putter failed him and he wound up in a tie for third. He returns from the longest layoff of his career — nine weeks — brought on by the May 3 death of his father, knowing what makes this major so special for all players is that it traditionally ends on Father's Day.

There is big excitement whenever Woods is at a major, particularly the U.S. Open and U.S. PGA Championship because they move around the country, and this was no different. Fans lined every fairway from tee to green, most of them holding out digital cameras, and fans scurried after him as he went into the clubhouse and later to the parking lot.

As for the game?

"He was playing as you would expect," Sluman said. "There's no rust in his game. If he drives it straight, he'll win the golf tournament. And if he doesn't, he'll have a hell of a chance to win. But that's nothing that hasn't already been said." DOUG FERGUSON (AP)

MEL EVANS/AP

Tiger Woods plays a practice round at Winged Foot, site of the U.S. Open.

MLB

AMERICAN LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
Boston	36	25	.590	—	18-10	18-15
N.Y. Yankees	35	26	.574	1	18-13	17-13
Toronto	34	28	.548	2.5	20-13	14-15
Baltimore	29	35	.453	8.5	19-17	10-18
Tampa Bay	26	37	.413	11	14-15	12-22

CENTRAL	W	L	PCT.	GB	HOME	ROAD
Detroit	40	23	.635	—	17-13	23-10
Chicago	38	24	.613	1.5	24-10	14-14
Cleveland	30	32	.484	9.5	18-15	12-17
Minnesota	28	34	.452	11.5	18-10	10-24
Kansas City	16	45	.262	23	10-19	6-26

WEST	W	L	PCT.	GB	HOME	ROAD
Texas	34	29	.540	—	15-16	19-13
Oakland	32	31	.508	2	15-15	17-16
Seattle	31	34	.477	4	19-17	12-17
L.A. Angels	27	35	.435	6.5	12-17	15-18

NATIONAL LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
N.Y. Mets	39	23	.629	—	19-11	20-12
Philadelphia	33	30	.524	6.5	16-16	17-14
Atlanta	30	34	.469	10	14-14	16-20
Washington	30	34	.469	10	13-14	17-20
Florida	22	37	.383	15	9-17	14-20

CENTRAL	W	L	PCT.	GB	HOME	ROAD
St. Louis	37	25	.597	—	21-13	16-12
Cincinnati	36	27	.571	1.5	16-14	20-13
Houston	32	32	.500	6	23-14	9-18
Milwaukee	30	34	.469	8	21-15	9-19
Chicago	26	36	.419	11	12-14	14-22
Pittsburgh	25	39	.391	13	17-14	8-25

WEST	W	L	PCT.	GB	HOME	ROAD
L.A. Dodgers	35	28	.556	—	19-14	16-14
Arizona	34	29	.540	1	17-16	17-13
San Diego	32	31	.508	3	16-18	16-13
San Fran.	32	31	.508	3	17-17	15-14
Colorado	30	32	.484	3.5	16-16	14-16

Standings through June 10's games

Train to Work in a
MEDICAL OFFICE
- Medical Billing & Coding
- Insurance
- Office Support
- Receptionist

Sanz since 1939

✓ Financial Aid If You Qualify
✓ Job Placement Assistance

1(888) 229-7744

DO YOU HAVE HIGH BLOOD PRESSURE?

If you have high blood pressure you may qualify for a research study that will evaluate the effectiveness of an investigational combination of two already approved medications in controlling blood pressure. Study participation includes: Medical exam by a physician, study medication and up to $350.00 compensation.

Millennium Clinical Research Center
at (703) 527-8100
or e-mail us at bloodpressurestudy@yahoo.com.
Located across the VA Square Metro in Arlington

Travel the World with Taste

LIMITED TIME OFFER

$2 off any sandwich or salad

Valid only at participating Washington DC locations. Limit 1 coupon per person per visit. Not valid with any other coupon or discount offer. Must present coupon when ordering. No reproduction or internet distribution allowed. Not redeemable for cash. Applicable taxes and gratuity must be paid by consumer. © 2006 Cosi, Inc. Offer expires 6/18/06.

Così SIMPLY GOOD TASTE®

Offer Valid at Participating DC Area Locations

Washington DC - 12 locations
Arlington - 4 locations
Alexandria
Bethesda
Gaithersburg
Reston Town Center

Visit www.getcosi.com for the location nearest you.

Save with ENERGY STAR

ATTENTION
D.C. Electric Consumers

To receive your rebate for purchases made between April 13, 2006 and May 31, 2007, you must mail your receipt and rebate form to:

DC Energy Office
2000 14th Street NW, Ste. 300
Washington DC, 20009
attn: Energy Star Rebate

ENERGY STAR

DISTRICT OF COLUMBIA ENERGY OFFICE "Making DC Energy Efficient"

For more information call: 202.673.6750 or visit: www.dceo.dc.gov

5.25% APY*

11-MONTH CD/CD IRA

A sure thing MADE POSSIBLE WITH WACHOVIA

Whatever happens with the rest of your investments, your Wachovia CD will keep providing a positive, FDIC-insured return. If you're a new or existing Wachovia personal checking customer, you can lock in this rate with a $5,000 minimum CD or a $2,000 minimum CD IRA. Find out more about this and other CD offers. Talk to us today. Stop by a Wachovia Financial Center or call 800-WACHOVIA (800-922-4684).

WACHOVIA

*Annual Percentage Yield (APY) is available and accurate as of June 11, 2006, and subject to change without notice. Offer expires June 30, 2006, and applies to personal CD and CD IRA accounts only. Penalty for early CD withdrawal. Fees may reduce earnings. A CD is a time deposit for which a receipt is issued. © 2006 Wachovia Corporation. Wachovia Bank, N. A., and Wachovia Bank of Delaware, N.A., are Members FDIC.

Herniated Disc Technology Discovered by NASA Scientists

A new free report has recently been released that reveals how breakthrough medical technology is offering new hope for sciatica sufferers. Discover how research has proven non-surgical spinal decompression 86% successful in treating debilitating back pain. Find out how why astronauts don't have back pain and how NASA's accidental discovery lead to the most promising treatment today. For your free report entitled, *"How Space Age Technology Is Solving Back Pain Without Drugs Or Surgery!"* call 1-800-357-5039 for the toll-free 24 Hour recorded message. Supplies are limited - call now. If phone lines are busy, visit: www.DiscReportVA.com

Appreciated

Your customers, residents and visitors will appreciate finding Express at your location.

• Retail • Food service • Office • Residential •

Call Charles Love to find out how you can offer Express free of charge.

202-334-6992

express

A publication of The Washington Post

X247

40% OF RESIDENTS WHO LEAVE DC TRADE UP FOR BALTIMORE

How About $10,000 Toward Your Upgrade?

In 2004, 6,931 residents moved OUT of DC & INTO Baltimore and they know that Baltimore City is one of the most affordable places to live. Now you can preview the newest condo and housing developments without having to leave DC! **In fact, a few of our partners are offering incentives such as $10,000 in closing costs and plasma TVs.**

What: **LIVE BALTIMORE'S NEW HOUSING AND CONDO HAPPY HOUR**

When: **WEDNESDAY, JUNE 21, 5–7:30PM**

Where: **RFD WASHINGTON 810 SEVENTH STREET, NW**

Take a virtual "tour" of the newest city developments! Meet with mortgage specialists, real estate agents and other home buying professionals. We'll help you find the perfect neighborhood and incentive programs to help get you started on your upgraded lifestyle in Baltimore.

Live Baltimore Home Center

STRUEVER BROS. ECCLES & ROUSE
Transforming America's Cities

LOMBARD COURT AT FELLS POINT

STATION NORTH Townhomes

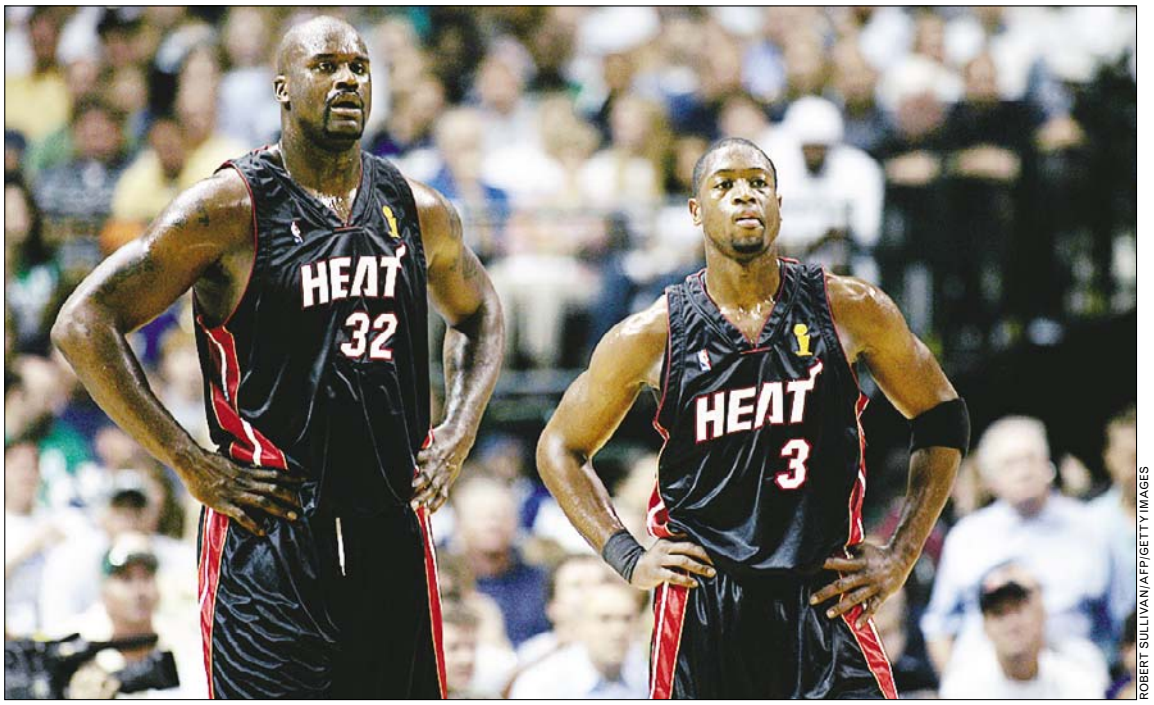
For More Information: **www.LiveBaltimore.com/dchh**

It's Better in Baltimore!

No need to register! Complimentary food & bar specials.

THE AMERICAN WAY: Miami's American Airlines Arena will hold its first finals game ever tonight. Ironically, Dallas hosted games 1 and 2 at American Airlines Center in Dallas.

Sports



ROBERT SULLIVAN/AFP/GETTY IMAGES

Shaquille O'Neal, left, and Dwyane Wade have struggled in the first two games of the NBA Finals, and the Heat are down 2-0.

Must-Win Game in Miami

Down 2-0 and back home, the Heat's backs are up against the wall

NBA PLAYOFFS | Outside Bongo's Cuban Cafe, workers in golf carts whizzed around the home of the Miami Heat preparing for the first NBA finals game in Florida history.

Roughed up on their road trip to Texas, the Heat are in familiar surroundings again. But unless they make some drastic changes — like maybe sinking their free throws — Shaq and his crew won't be traveling again this season.

"We can't get down 3-0," guard Gary Payton said. "We have to focus on Game 3 and get that one."

Or else.

By double-teaming Shaquille O'Neal's every touch and congesting Dwyane Wade's routes to the hoop, the Dallas Mavericks dominated Game 2 on Sunday night, winning 99-85 to take a 2-0 lead in a best-of-seven series that has hardly been close.

So far, the Mavericks have been superior in every phase. They've displayed an overlooked depth, an unmatched perimeter game and have exuded absolute confidence in moving within two victories of their first NBA championship.

They're playing like they want one.

"We haven't really done anything," said forward Dirk Nowitzki, who had 26 points with 16 rebounds in Game 2. "We won two games at home. We know they are a different animal at home." TOM WITHERS (AP)

NHL Players Pass Every Drug Test

Critics say screening is flawed in league's first year of testing

NHL | No NHL player failed a drug test during the first season of the league's anti-doping program, adopted last year in the collective bargaining agreement that ended the yearlong lockout.

"I suppose it's safe to say that the results confirmed what we knew already, which is the use of performance enhancing drugs is not prevalent in our sport," NHL deputy commissioner Bill Daly said Monday in an e-mail.

There were 1,406 tests conducted in the program that began in January. Daly said he was informed of the results two weeks ago. The findings were first reported by The Canadian Press.

Daly

Under the testing plan, the first in NHL history, every player in the league is subject to up to two random tests every year — with at least one on a team-wide basis.

The list of prohibited substances, agreed upon by a joint committee of the NHL and the players' association, includes those maintained by the World Anti-Doping Agency for both in-competition and out-of-competition testing.

The league's testing program has been scrutinized and criticized by WADA president Dick Pound of Canada. Pound charged last year that one-third of NHL players were taking performance-enhancing substances. IRA PODELL (AP)

Live! on Woodrow Wilson Plaza
Ronald Reagan Building and International Trade Center • www.itcdc.com
A project of the U.S. General Services Administration.
Today's Free Performance
Amilcar Cruz Combo
Gypsy Guitars
6/14 Step Afrika!
6/15 The Winstons
6/16 Alyson Williams
Schedule subject to change.
JUNE • JULY • AUGUST
12 noon–1:30 pm
Monday–Friday
1300 Pennsylvania. Ave., NW

Are You a Trauma Survivor?
Have You Lived Through a Life-Threatening Event?
An event such as physical/sexual abuse, injury, accident or disaster? If so, we are asking you to volunteer for research studies that involve:
• Brain imaging
• Measurement of stress hormones
• Free trial of commonly used medications if indicated
We want to understand the differences in how people respond to and cope with a traumatic experience. Compensation provided.
301-496-5645
TTY: 1-866-411-1010
National Institute of Mental Health
National Institutes of Health, Department of Health & Human Services

MASTER'S DEGREE IN SECONDARY EDUCATION
GW ARLINGTON CENTER
Teacher Licensure & Master's Degree
Fits your life. Our flexible program is designed for working professionals, recent graduates, career changers and unlicensed new teachers in DC, MD, and VA.
Meet licensure requirements in:
• Math
• Sciences
• Art
• Social Studies
• English / English as a Second Language
• Foreign Language and ASL
Top-rate education. GW Graduate School of Education and Human Development ranked in the top 25 by US News & World Report.
New reduced tuition starting Summer 2006
Information Session
Wednesday, June 21
6:00 pm
3601 Wilson Blvd.
Suite 400
Arlington, VA
Metro: Orange Line to Virginia Square
Rsvp Today!
703.248.2800
nearyou.gwu.edu/teach
THE GEORGE WASHINGTON UNIVERSITY
WASHINGTON DC
Bring Us Your Ambition.
www.gwu.edu/gradinfo
31232
THE GEORGE WASHINGTON UNIVERSITY IS AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION INSTITUTION CERTIFIED TO OPERATE IN VA BY SCHEV.

America's Favorite

Live Links CHATLINE™

Try For FREE

Code 6730

202.414.6444

Find Singles In Your City: 1.800.210.1010

Text CHAT to 21010 $4.99 / 10 Min. 18+ www.LIVELINKS.com

Introducing The Latest Technology In Comprehensive Dental & Orthodontic Care

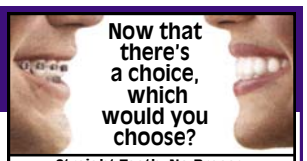
- Implants
- Emergency Care
- Dental Check-Ups
- Crowns & Bridges
- Root Canal Therapy
- Oral Surgery
- Periodontics
- Cosmetic Dentistry
- Orthodontics
- Digital Computerized X-Rays
- Intra-Oral Camera/Video Imaging
- Air Abrasion (No More Needles)
- EVENING HOURS BY APPOINTMENT

All In One Facility

2 blocks away from Farragut North and Farragut West Metro

Free Orthodontic Consultation

Free Implant Consultation



Straight Teeth. No Braces.

PREMIERE INVISALIGN PROVIDER (top 5% Nationwide 2005)

K Street Dental & Orthodontic Group

Dr. A. Shouhayib & Associates

K Street Dental
1990 K Street NW, Suite 15-A
Washington, DC 20006
202.775.0167

308 Main Street
Gaithersburg, MD 20878
Beside Whole Foods
301.977.9787

www.kstreetdental.com

Simply become his favorite child.

Father's Day Special @ Simply Wireless®

Motorola V3 RAZR

FREE!*

Plus $30 Cash Back!*

Reg. Price	$249.99
Instant Rebate	- $200.00
Mail-in Rebate	- $80.00
Cash Back	+ $30.00

*After $49.99 2-yr agreement price, $80 mail-in rebate, and new 2-year service agreement.

Also available in other colors. Supplies limited!

1.866.343.2735

Special Bonus Code: PE608

Simply visit one of our convenient locations:

WASHINGTON, DC

NEW! 1828 L St., NW
Corner of 19th & L St., NW
(202) 466-7777

McPherson Square
Corner of 14th & L St,NW
(202) 289-7344

Capitol Hill
660 Pennsylvania Ave., SE
(202) 546-8818

National Press Building
529 14th St, NW
(202) 662-7662

Reagan National Airport
Terminal B
(703) 417-1486

MARYLAND

City Place - Silver Spring
8661 Colesville Road
(301) 565-0050

Westfield Wheaton Mall
Lower Level - (301) 933-7700
Upper Level - (301) 946-6300

VIRGINIA

Crystal City Plaza
Arlington
(703) 416-5040

Crystal City Underground
Arlington
(703) 413-4500

Merrifield-Dunn Loring
Gallows Road
(571) 226-8500

T-Mobile FamilyTime® Plan

$69.99 PER MONTH FOR 2 LINES

- 1000 Shared WHENEVER® Minutes
- Unlimited Night & Weekend Minutes
- No Nationwide long-distance or roaming charges
- Add up to 3 more lines for $9.99 per line!

*Limited time offer. New activation required. Rate plan offer requires minimum 1-year agreement. Phone offer requires 2-year agreement and activation per line of service for each phone. Taxes and fees not included.

T-Mobile authorized dealer

Simply Wireless® making communications simple™

*Simply Wireless advertised price of Motorola V3 RAZR based off point of purchase price of $49.99, new 2-year agreement of an individual plan $39.99-$59.98 or FamilyTime plan $69.99-$129.90 and $80.00 mail-in rebate. Limited time offer subject to change. **CREDIT APPROVAL/ADDITIONAL COSTS:** Does not apply to pre-paid. Credit approval and $35/line activation fee required; $200/line early cancellation fee applies. Regulatory Programs Fee (not a tax or government-mandated charge) of 86¢ per line/mo. applies; additional taxes and fees may add 6-28% to your monthly bill. Minutes over monthly allotment are 35¢ per additional minute. Partial minutes are rounded up for billing. **SERVICE COVERAGE/IN-NETWORK CALLING:** Service is not available everywhere. In-network calling means directly dialed calls that are between T-Mobile phones and that are transmitted by cell towers located within the 'in-network calling area.' In-network calling area includes most, but not all, of the T-Mobile service area. For full details, see Coverage Maps available at www.t-mobile.com or at a T-Mobile store. **ABNORMAL CALL PATTERNS:** Call duration and/or your continued eligibility for any rate plan may be limited or terminated for (a) consumer protection purposes or (b) abusive conduct or abnormal call pattern(s). **NIGHTS AND WEEKENDS:** Weekends are 12:00:01 a.m. Saturday to 11:59:59 p.m. Sunday, based upon start time of call. Nights are 12:00:01 a.m. to 6:59:59 a.m. and 9:00:00 p.m. to 11:59:59 p.m., Monday through Friday, based upon start time of call. **MAIL-IN and IN-STORE REBATE OFFER:** Motorola V3 Razr mail-in rebate offer expires 06/30/06, in-store rebate offer expires 05/31/06. Limited to phone shown; Supplies may be limited and offer may not be available at all dealer locations. T-Mobile reserves the right to substitute different phone models of equal or greater value. Customer must remain on a qualifying T-Mobile rate plan at the time mail-in rebate is actually processed. Allow up to 8 weeks for mail-in rebate check. See mail-in rebate form for full details. See T-Mobile's Terms and Conditions (including mandatory arbitration), available at www.t-mobile.com, for cancellation policy, international long-distance, roaming and messaging rates, and additional details that may affect this offer and additional rate plans, and other information and/or contact T-Mobile Customer Care, at 1-800-937-8997, with questions concerning any T-Mobile offer or rate plan. T-Mobile is a federally registered trademark of Deutsche Telekom AG. Whenever Minutes, FamilyTime and Get More are federally registered trademarks of T-Mobile USA, Inc. © 2006 T-Mobile USA, Inc.

Le Chat Noir

RESTAURANT FRANÇAIS IN FRIENDSHIP HEIGHTS

Bonne Fête Des Pères

Special Brunch Menu- $21.95

Including a glass of Champagne

Let this Father's Day be the occasion for us to celebrate every father, grandfather, great-grandfather, or father-to-be, by charming them with a delightful meal in our neighborhood French bistro. Our dedicated chef has prepared some dishes for this special day, so join us on Sunday, June 18th...

On that day, Le Chat Noir will be pleased to offer a souvenir gift to each male guest. The brunch is on display on our event page http://www.lechatnoirrestaurant.com/events.htm

See you soon.

4907 Wisconsin Ave., NW, Washington, D.C. 20016

202.244.2044

www.lechatnoirrestaurant.com

This is NOT a stop smoking research project!!

Stamped Copy on File with IRB, Revised May 23, 2006.

Cigarette Smokers Needed

Elbert D. Glover, PhD, Director of The Center for Health Behavior Research is looking for smokers to participate in a research project to compare two nicotine products to see how quickly they relieve your craving for a cigarette.

To participate you must:

- NOT want to quit smoking
- Be 18 to 65 years of age
- Smoke daily for at least three years

The study consists of only TWO office visits.

Participants will receive at no cost:

- Laboratory assessments
- Financial compensation up to $150 for about 3 hours of appointments over 2 visits

Financial compensation up to $150.00 is available.

TO ENROLL CALL JESSICA M. RATH, PHD TODAY AT: (301) 405-0128

University of Maryland 1856

WeekendPass makes the weekend noteworthy.

Every Thursday in Express.

X143b 2x5

PUT ME IN, COACH: Twenty years after he threw the first touchdown pass in Arena League history, Mike Hohensee finally won an Arena League Championship — as a coach. Honhensee's Chicago Rush beat the Orlando Predators 69-61 in the 20th ArenaBowl.

Swengali

NFL | BY MATT SWENSON

Ben Needed to Use His Head

THE FIRST QUESTION you have to ask when talking about Ben Roethlisberger's motorcycle accident is: "What was he thinking?" The answer is simple — he wasn't.

The quarterback of the Super Bowl champion Pittsburgh Steelers is in the hospital — and lucky to be alive — after eyewitness accounts say he smashed head-first into a windshield while riding his motorcycle without a helmet.

Maybe he thought helmets are only needed for football.

Fortunately the injuries aren't life-threatening. But once the Steelers get over their relief that their young star isn't dead, they may want to kill him for being so reckless.

It's not all that rare to see professional athletes ruin their careers and jeopardize their lives by living high-risk lifestyles.

Roethlisberger's accident sounds eerily reminiscent of Kellen Winslow joyriding on his motorcycle last summer. In an instant, the Cleveland Browns tight end wiped out his entire 2005 season. In 2003, Jay Williams, formerly of the Chicago Bulls, broke his leg and ended his NBA career in a late-night ride.

Maybe an invincibility complex is genetic among premier athletes have. Whatever lies behind it, this kind of behavior isn't just silly, it's selfish.

> **Maybe he thought helmets are only needed for football.**

The Steelers pay Roethlisberger millions to play football. If he can't play because he acted stupidly on a bike, he's betrayed the team's trust.

Hopefully, Roethlisberger's scare will send a message to all pro athletes to use their heads before they lose them.

To reach Matt Swenson, e-mail him at matt.swenson@readexpress.com.

Steelers QB Hurt in Crash

Roethlisberger in stable condition after motorcycle accident

NFL | Pittsburgh Steelers star Ben Roethlisberger, the youngest quarterback to lead a team to the Super Bowl championship, broke his jaw and nose in a motorcycle crash Monday in which he was not wearing a helmet.

Roethlisberger was in serious but stable condition Monday afternoon, Dr. Larry Jones, chief of trauma at Mercy Hospital said before surgery.

The player's agent, Leigh Steinberg, described the injuries to The Associated Press and said he did not know if there was further damage.

"He was talking to me before he left for the operating room," Jones said. "He's coherent. He's making sense. He knows what happened. He knows where he is. From that standpoint, he's very stable."

Steelers president Art Rooney said the team was "encouraged by the early reports from the medical team" at the hospital. "I am sure Ben knows that we are praying for his complete recovery."

The 24-year-old Roethlisberger was without a helmet, police said. He has said he likes to ride without one, a habit that once prompted a lecture from Pittsburgh coach Bill Cowher. JOE MANDAK (AP)

PHILIP G. PAVELY/THE PITTSBURGH TRIBUNE-REVIEW/AP

Police investigators work at the scene where Pittsburgh Steelers quarterback Ben Roethlisberger crashed his motorcycle while not wearing a helmet on Monday.

express automobile dealers

more cars on the net
cars.com
@washingtonpost.com

Audi

ROCKVILLE AUDI cars.com
Rockville,MD 301-881-0900
1450 Rockville Pike • rockvilleporsche-audi.com

BMW

BMW OF ARLINGTON cars.com
Arlington,VA 703-647-1810
3154 Jeff Davis Hwy • www.bmwofarlington.com

Cadillac

CAPITOL CADILLAC cars.com
Greenbelt, MD 301-441-9600
6500 Capitol Drive • www.capitolcadillac.com

CHEVROLET

KOONS CHEVY TYSONS cars.com
Vienna, VA 888-383-8200
2000 Chain Bridge Rd • www.koons.com

To place dealership listing in the directory, please call **202-334-4710** or your Washington Post Sales Representative

CHEVROLET

KOONS CHEVY TYSONS cars.com
Vienna, VA 888-383-8200
2000 Chain Bridge Rd • www.koons.com

Ford

CRYSTAL FORD cars.com
Silver Spring 866-369-9999
3111 Automobile Blvd • www.trycrystal.com

JERRY'S FORD cars.com
Annandale, VA 703-256-5000
6510 Little River Turnpike• www.JerrysFord.com

KOONS FORD OF ROCKVILLE cars.com
Rockville 877-518-1747
718 Rockville Pike• www.koonsford.com

KOONS STERLING FORD cars.com
Alexandria, VA 888-342-7300
46869 Harry Byrd Hwy • www.koons.com

OURISMAN WORLD OF FORD cars.com
Alexandria, VA 703-660-9000
6129 Richmond Hwy. • www.ourismanford.com

HONDA

BILL PAGE HONDA cars.com
Falls Church 1-866-391-8562
6715 Arlington Blvd • www.billpagehonda.com

HUMMER

MOORE CADILLAC HUMMER
Chantilly 703-674-5900
25440 Pleasant Valley Rd • www.moorehummer.com

HYUNDAI

ALEXANDRIA HYUNDAI cars.com
Alexandria,VA 703-535-6840
1707 Mt. Vernon Ave. • www.alexandriahyundai.com

FAIRFAX HYUNDAI cars.com
Fairfax,VA 703-352-0444
Rt. 123 & Rt. 50 • www.fairfaxhyundai.com

INFINITI

INFINITI OF CHANTILLY cars.com
Chantilly 703-322-3600
Chantilly Auto Park. • infinitiofchantilly.com

KOONS FORD OF ROCKVILLE cars.com
Rockville 877-518-1747
718 Rockville Pike• www.koonsford.com

Jeep

JERRY'S JEEP OF MANASSAS cars.com
MANASSAS 703-631-1181
8820 Centreville Rd• www.jerrysjeep.com

LEXUS

LEXUS OF SILVER SPRING cars.com
Silver Spring, MD 800-266-4874
2505 Prosperity Terr • www.lexusofsilverspring.com

LINCOLN/Mercury

JERRY'S Lincoln Mercury cars.com
MANASSAS 703-631-1181
8820 Centreville Rd• www.jerryslmjeep.com

Mercedes-Benz

EURO MOTORCARS cars.com
Bethesda,MD 301-986-8800
7020 Arlington Rd. • Buying/Internet Services Welcome

EURO MOTORCARS GERMANTOWN cars.com
Germantown,MD 240-686-1300
19750 Germantown Rd. • euromotorcarsgermantown.com

NISSAN

355 NISSAN/VOLVO cars.com
Rockville, MD 301-309-2200
15911 Indianola Drive • www.darcars.com

TOYOTA

355 TOYOTA cars.com
Rockville, MD 301-309-3917
15131 Frederick Road • www.darcars.com

TOYOTA

ALEXANDRIA TOYOTA cars.com
Alexandria 703-684-0700
3570 Jeff Davis Hwy • www.alexandriatoyota.com

KAY JENNINGS SPRINGFIELD TOYOTA cars.com
Springfield 703-451-0300
6570 Amherst Ave. • www.springfieldtoyota.com

KOONS ARLINGTON TOYOTA cars.com
Arlington 888-837-8657
4045 Lee Highway • koons.com

KOONS TYSONS TOYOTA cars.com
Vienna, VA 888-505-1137
8610 Leesburg Pike • www.koons.com

VOLKSWAGEN

ALEXANDRIA VW cars.com
Alexandria 888-692-7089
107 W. Glebe Rd.• www.alexandriavw.com

BROWN'S VW OF MANASSAS cars.com
Manassas, VA 703-257-6002
8846 Mathis Ave. • www.manassasvw.com

USED CARS

JACK TAYLOR SIGNATURE CARS cars.com
Alexandria,VA 703-683-0700
3750 Jeff Davis Hwy • www.alexandriatoyota.com

NATIONAL INSTITUTES OF HEALTH

Can't Stop Drinking?

DEPARTMENT OF HEALTH & HUMAN SERVICES · USA

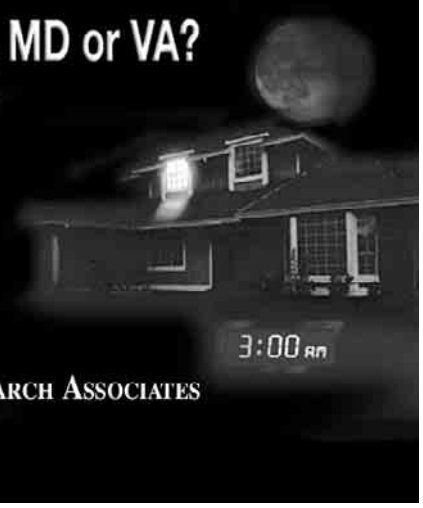
ALCOHOL WITHDRAWAL CAUSING SHAKES & ANXIETY?

The National Institute on Alcohol Abuse and Alcoholism is studying the use of the medication Acamprosate for alcohol withdrawal. The study includes alcohol detox and a four-week inpatient alcohol treatment program at the NIH hospital in Bethesda, MD. For more information call:

(301) 496-1993

Deaf or hard of hearing? Call the Federal Relay Service at 1-800-877-8339

Sleepless in DC, MD or VA?



If you are 18 or older, and have had TROUBLE STAYING ASLEEP for one month or more, you may be eligible for an insomnia research study at no cost to you.

CALL:

CAPITAL CLINICAL RESEARCH ASSOCIATES

301-770-7375

Do you or your child have

sickle cell disease?

Find out if there's a study that's right for you.

Call 1·866·999·4443

TTY: 1·866·411·1010

SICKLECELL

Advance you.

"Careers" can move you up and ahead.

Mondays.

express

X017a 1x4

Healthy Adult Volunteers Needed

The National Institute of Mental Health is conducting a psychopharmacology study of mild stress and memory. Participants will be interviewed and will complete a series of tasks during which physiological functioning will be recorded. Volunteers must be between the ages of 18-50.

Financial compensation will be provided for participation.

Call: **1-800-411-1222**

(TTY: 1-866-411-1010)

National Institute of Mental Health

National Institutes of Health, Department of Health & Human Services

NIMH National Institute of Mental Health

Healthy men/women, who are feeling sad, are needed for a study. Participants will be compensated for one 4-hour visit in Bethesda, MD (Metro accessible). For more details, please contact Jessica Eng at 301-295-0019.

VOLUNTEERS NEEDED!!

Investigational Malaria Drug Study Minutes from the Medical Center Metro Station in Bethesda

Located: On the campus of the National Naval Medical Center.

WHO: Healthy men and women 18-55 years of age

HOW: 1 screening session, 1 pre-admission session, a 5-day inpatient stay and 3 outpatient visits.

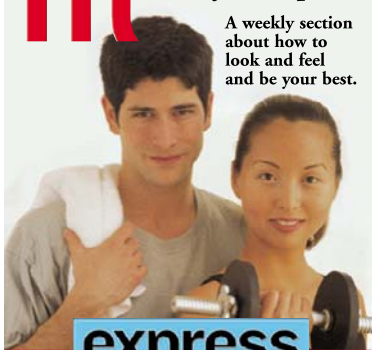
Compensation provided

FOR MORE INFORMATION CALL:

1-866-750-2165

Get **fit** *Tuesdays in Express*

A weekly section about how to look and feel and be your best.



express

A publication of The Washington Post

XX142c 1x3

Shy Around People?

- Do you get anxious in front of others?
- Do you feel embarrassed if you have to give a speech or perform at a public function?
- Do you avoid meeting new people, going to parties or dating?
- Is it difficult for you to eat, drink or write while others may be watching you?

If your answer is Yes to any of these questions you may be suffering from a social phobia.

If you are 18-65 years of age and feel that these problems interfere with your ability to achieve your goals or to enjoy life fully...

please call for more information about our research study.

All study-related office visits and medical evaluations are at no cost to you.

CAPITAL CLINICAL RESEARCH ASSOCIATES

301-770-7375

EXPRESS HEALTH

Copy Deadline

12 noon Thursday

5 days prior to publication

To advertise in Health Services

or learn more about the directory

call

Victoria Fleming

202-334-5759

Anne Jones

202-334-4060

FAX — 202-334-6724

R346 5x1 D

"It's a one-stop resource."

Jobs. Every Sunday. The Washington Post

Source: 2003 Job Seeker Interviews, conducted by The Washington Post and Rosenthal.

Healthy Adult VOLUNTEERS NEEDED

HIV is a global epidemic. Currently, 42 million people worldwide are living with HIV/AIDS, a disease that has no cure. In 2003, 5 million people were newly infected with HIV, equaling about 14,000 infections each day. Approximately 11 of every 1000 adults aged 15 to 49 worldwide, are HIV infected.

The world is in desperate need of a vaccine for the prevention of HIV infection.

Will you help?

Walter Reed Army Institute of Research and the Henry Jackson Foundation for the Advancement of Military Medicine are currently enrolling volunteers to participate in a study to evaluate the safety of a new investigational HIV vaccine.

If you are a healthy US citizen between the ages of 18-49, are not currently in the US military and are available for 12 months, you may be qualified to participate in a study evaluating this vaccine.

This experimental vaccine does not cause HIV infection.

301-251-8351

Ask for Keisha or KaTrina

IRS PROBLEMS?

EX-IRS AGENTS AND TAX PROFESSIONALS NEGOTIATE FOR YOU!

"...the (Nation's) most successful (in terms of size) tax-resolution company."*
–The Wall Street Journal

Free Tax Settlement Analysis:
Confidential Interview by Appointment Only
800-765-3007

Free Special Report: "How to End IRS Problems"
877-451-9111

We Also Negotiate Defaulted Student Loans
800-499-0951

JK Harris & Company®

www.taxexperts.com
6 Locations in the D.C. Area

*not an endorsement by the WSJ

The Nation's Largest Tax Representation Firm

MEGA MILLIONS

DRAWINGS TUESDAY AND FRIDAY

$25 MILLION

Estimated Annuitized Jackpot

Play at your favorite Maryland or Virginia Lottery retailer.

Top Prize Chances: 1 in 176 Million
www.mdlottery.com • www.valottery.com

Are you Depressed?

Have you suffered from most of the following in the past month?

- ❒ Sadness
- ❒ Lack of motivation
- ❒ Negative thinking
- ❒ Sleep Problems
- ❒ Appetite or weight changes
- ❒ Lack of concentration
- ❒ Feelings of anger or guilt

THE GEORGE WASHINGTON UNIVERSITY MEDICAL CENTER
WASHINGTON DC

For Information, call (202) 994-2273
www.researchgw.com

If you are age 18 or older, you may qualify to participate in an investigational research study for depression.

The George Washington University is an Equal Opportunity/Affirmative Action Institution.

Healthy and Getting a Good Night's Sleep?

Participate in a research study at The Center for Sleep & Wake Disorders, where an investigational sleep medication is being evaluated. We need participants aged 21 to 50 years without any current sleep problems to take part for 2-5 weeks; one overnight stay will be required.

Compensation will be given for time and travel.

For information, call:

The Center for Sleep & Wake Disorders
301-654-5665 Or e-mail us at research@sleepdoc.com

Adapt you.

"Personal Tech" can give you cool and useful tools. **Mondays.**

express

X017e 1x2

He'll haul in your late model pickup truck.

Sell your stuff in Express.
Place your Classified ad today.
202-334-6200.

express
A Publication of the The Washington Post

www.readexpress.com

Classified ads appear in Express and The Washington Post.

X167e 2x2

readexpress.com

X120aC 3x.5

Classifieds

express marketplace

Reach over 300,000 readers daily plus SAVE 25% by running your ad Monday through Friday

For Greater Impact, Place Your Ad In Color!

JOBS • RENTALS • HOUSES • WHEELS • STUFF • AND MUCH MORE . . .

TO PLACE A CLASSIFIED AD CALL
202-334-6200

HELP WANTED (JOBS) ADS CALL
202-334-4100

CREDIT CARDS ACCEPTED

JOBS

Accounting

CONTROLLER

Manassas wireless company seeks qualified Controller with Quickbooks & payroll experience. Salary $60-80K. Email resume to:
hrdept@adcommcellular.com

Accounting

CONTROLLER

Non-profit mental health/DD. Responsible for contracts, grant, site funding & supervise accounting staff. Minimum 5 years experience. CPA preferred but not necessary. FAX cover letter w/ salary requirements to: 301-918-9758 or Email jstout@fsfinc.org EOE

Accounts Payable/ Payroll Assistant

Alexandria contractor seeking an Accts Payable/ Payroll Assistant. The ideal candidate should have 4 years of related experience, be a team player, and above all, have an excellent attitude. Salary commensurate with experience. Great Benefits & free parking. Please fax resume & salary history to **703-370-9193, attn Deb**

ACTIVISM

SUMMER JOBS TO BEAT THE GOP

$4200-6600/Summer

Had enough of Bush and the Republicans? Work with Grassroots Campaigns, Inc. on behalf of the National Democratic Party to elect Dems in '06 FT/Summer/Career opps. Dupont Circle. CALL Erin at 202-797-9655.

Administrative Assistant
Office Assistant needed Part time to Full Time. General office exp pref'd. Telephone exp needed. Call Distinctive Home Care at 301-772-3245

Advertising **$$$**

ADVERTISING ENTRY LEVEL

Natl. marketing firm has F/T entry-level openings. We have Mgmt. opportunities avail. Help execute promo campaigns for Sports Teams, Natl. Rest. Chains & Hotels. Learn Sales to Mgmt. PD TRAINING! 38K to 42K 1st yr.
college degree req'd. Call Emily @ 703.288.3123
www.crcadvertising.com

ARCHITECT
Award-winning architectural firm in Rockville, MD is looking for professionals proficient in AutoCAD with an architectural background. 3 yrs. exp. req'd. Fax resume to:
301-770-9163.

AUTO

TYSONS FORD

SALES PROFESSIONALS
Largest Ford Dealership at Tysons Corner VA seeking for 2 highly experienced sales professionals for our pre-owned department. We carry over $2M inventory (such as Mercedes Benz/BMW/Audi/Trucks, Cars etc). Our commission starts at 30%. We don't have hidden packs or extra chargers like others. We don't open on Sundays because that's your family day. Our top 2 sales people at our department earned over $120K last year. For an interview please call Allen Ganji at: 703-626-4500 or email: alitganji@aol.com

JOBS

ATTORNEY, IMMIGRATION

Busy mid-sized No. VA firm seeks experienced Immigration Attorney to handle deportation and family-based cases. Foreign language skills and VA bar admission preferred but not required. Fax resume to: Vikki at 703-256-5431 or email to **vravinskas@beckerhadeed.com**

AUTO BODY MAN & PAINTER

Need expert Auto Body man & Painter. Call 703-913-0844

AUTO BODY PAINTER & HELPER
Immed opening. Exper'd. Rockville. Call 301-881-8200

AUTO BODY TECHNICIAN

Exper'd only. Busy shop Rockville. Call 301-881-8200

Auto

Mercedes-Benz

Mercedes-Benz of Alexandria has an immediate opening in our parts department for a shipping & recieving stock clerk. Must be energetic & hard working. Benefits include 401K, paid holidays & vacation. Apply at 200 South Pickett St., Alexandria, VA. No calls please.

AUTO SALES

DARCARS®

Due to increased customer demand, we currently have immed. openings on our sales teams at locations in MD & VA. **Experience is not necessary - we will train in our state of the art training facility!** We are seeking motivated, customer friendly individuals who are eager to begin a rewarding career with one of the regions fastest growing auto groups! We offer:

- **Health Insurance & 401K**
- **Company Car**
- **Paid Vacation**
- **$80K+ 1st yr earning potential**
- **Rapid advancement**

Apply in person, at DARCARS of Silver Spring 12214 Cherry Hill Road, Silver Spring, MD 20904 (at the corner of Rt. 29 and Cherry Hill Road). Contact Shannon Ryan at 301-622-0020 or sryan@darcars.com for more info or to schedule an interview.

Automotive Mechanic
$1000 Sign on bonus!
Tour Mobile Sight Seeing

Seeks an experienced F/T MECHANIC w/ min. of 5 years of experience in repair of light to medium duty vehicles. CDL license desirable. Must be available for flexible shifts, including weekend/ holidays. Benefits & free parking. Apply in person 1000 Ohio Dr, SW Washington, DC or CALL 202-488-5203 for further information.
EOE/M/F/D/V

AUTOMOTIVE
Auto/Tire Service Counter Sales/Service Writer. Exp. only need apply. Pay w/benes. Great opp. for growth and career. Call John or Jay, 301-277-8565

Auto

Tag & Title

Lustine Dodge of Woodbridge has an immediate opening for an experienced Title Clerk. Duties include processing Tag & Title work on CVR; payoff on trades & other duties related to Tag & Title work. Health insurance, 401K, paid vacations after 1st year, good working atmosphere. Reply with resume & salary requirements to: **jbennett@lustine.com** or FAX to: 703-643-5138.

JOBS

AUTO SERVICE MGR &
AUTO MECH — w/ elec. diagn. skills. Rockville. Gas station Expd. Good Benefits! 301-529-0990

Barber ** DC Licensed **

Seeking Barbers, Stylists & Braiders. Busy shop in DC. Call 301-343-3952 for info.

Beauty
BARBER — Exp'd & lic'd to run barbershop or with ability to learn. NAIL TECH: Exp. lic. 202-610-3838.

BEAUTY—LICENSED HAIRSTYLISTS, BARBERS, BRAIDERS & NAIL TECHS
For salon in Northeast DC.
Call Steve at 202-497-0311

Beauty

Manager/Beauticians/ Nail Tech/Braiders
VA license, seeking pos. with clients. Booth rental, in Old Town Alexandria. Call 301-877-0280

BEAUTY

Manicurist and Bilingual Receptionist.
Call 202-296-4856

BEAUTY

NAIL TECHNICIAN
Exper'd, Needed immed for upscale Conn. Ave DC salon to handle existing large, clientele, Acrylic a must, Excellent pay. Call 202-365-5445

BEAUTY
Stylists, Braiders, and Nail Technicians, wanted on Capital Hill. Booth rent available, 250 free business cards. 202-595-6470

BRICKLAYERS & LABORERS

Top pay. Exper'd. only. Various NoVA locations. Drugfree workplace. EOE. **703-971-6840**

BUS DRIVER, SUMMER for Springfield Christian School. Call 703-256-3773

CABLE INSTALLERS NEEDED
Entry-level Techs. Full-time. 703-370-3200

CARPET, VINYL & WOOD SUBCONTRACTORS NEEDED - COMMERCIAL & RESIDENTIAL
Call Leona at 301-937-0030 ext. 108

CHILDCARE—Current 1st Aid/CPR. Qualification report/current Medical TB. CJIS continuous training. **301-499-1488**

Childcare—Teacher's Asst., FT/PT. Brentwood, MD. 240-260-9996.

CLEANERS/HOUSEKEEPERS
7 days/week, morning shift. Stafford, Fairfax, Herndon, Sterling, Leesburg, Seven Corners, VA. Greenbelt, Largo, Waldorf, MD. Must have Transportation. Please call 703-929-6566 or 301-573-4390.

Construction

ATTENTION DC RESIDENTS

Road Sprinkler Fitters, local union 669 and their contractors are looking for individuals with 1+ yrs experience in the fire sprinkler trade for upcoming projects in the Washington DC Metropolitan area. Please call 301-497-0498.

CONSTRUCTION LABORER

Drivers lic., dependable. Good pay. Night work. Flaggers Card a plus. Open Sun 301-774-1691

CUSTOMER SERVICE/SALES $39K-$65K POTENTIAL

Residual income, benefits. Call 301-396-3597

DANCERS— Wanted for Gentleman's Club (PG County). $300-$500/night. No exp. needed. **240-286-3660 or 301-568-8500**

DAYCARE
Exper'd Teachers needed for Alex Daycare. Infants/2/3. Call Alexandria 703 354-4855.

DENTIST - BILINGUAL (Spanish-English)

General prac. Tysons Corner. Send resume: family **dentalcenter@bacoxmail.com;** or call for interview: **571-216-9066.**

DENTAL ASST-Cert. Dental Asst needed for N. Arl practice. Must know expanded functions, ordering supplies, some familiarity w/ Dentrix. 7:30a-3:30p M-Th. Pay/bene. depend on exper & expertise. Ours is a small group in a solo, non-HMO ofc. We're looking for someone who is gd w/ people, going to pitch in where needed. Fax resumes: 703-620-3205

JOBS

DENTAL ASSISTANT—FT for exp. only, can make temps. Fax resumes 202-347-3703

DENTAL HYGIENIST
FT/PT. Exper'd. & reliable. New office. Upper NW near MD line. Please CALL 202-362-7726

DENTAL RECEPT.

FT/PT. Dental exper. only. Dentrix knowledge helpful but not required. FAX resume to: 703-502-9580 or CALL 703-818-1500

Driver
Experienced **Chauffeurs** wanted. 31 C a plus. Also seeking **Airport Greeters.** Call John @: **301-773-3399.**

DRIVER — For busy courier co. Own car. PH: **703-321-9119** or: **301-933-1300**

DRIVER/HELPER
Class B/Non-CDL, $10-$15 hr. Trash removal. Call 301-390-5789

DRIVER—Need 4 drivers, cars or vans, earn $400-$800/week. CALL 703-924-3278

DRIVER

TRUCK DRIVERS WANTED
Swimming pool Co. located in Fairfax, VA and Silver Spring, MD is hiring for the 2006 Summer season. We have FT and PT seasonal positions available starting now. These positions are daytime Mon-Sat. Must have a Class B CDL w/tanker, HAZMAT, and Airbreak endorsements, to deliver swimming pool chemicals and supplies out of either location. We have several position available.
Call Robert **1-800-992-6286**

Driver

Warehouse/Delivery Driver
Distributor of construction products seeks individual for its Chantilly, VA location. 40+ hrs a week. Benefits after 3 mos. CALL 703-802-7999 for more information.

Drivers

Enjoy your summer and make good money! Must have own vehicle, M-F, 301-231-4444.

DRIVERS
Expanding No. VA delivery co. seeks drivers with own car, pickup or van. FT. Very busy. Start ASAP. Call 703-961-8778

Drivers— W/ own vehicle. PT/FT M-F 8-6. Apply within 810 L St, SE, upper level.

DRIVING/LIMO - CDL w/P
PT eves & wknds. VA/DC/MD. $18-$20/hr. Springfield **703-550-7200**

DRY CLEANING—Exp. Dry Cleaning Presser needed. FT, company benefits, Alexandria area. 703-998-6464

FAMILY PRACTITIONER

Looking for a Family Practitioner immediately please call 703-437-6060.

FINANCIAL ANALYST

Grantham Education Corporation, located in Arlington, VA conveniently located above the metro stop is actively seeking a Financial Analyst. Must have 5+ Years accounting and analytical background, excellent Excel skills, data research, financial statement analysis and proforma modeling ability required. Send resume to: **resumes@grantham.edu**

Fitness

GOLF MANAGER

NoVA club seeks experienced manager to help w/ all phases of operations & marketing. Team player, self starter, computer literate. Excellent benefits. Send resume to: PMB 145 3686 King St. Alexandria, VA 22302.

FLORAL DESIGNER
Exper'd only. 301-599-0843

GRAPHICS

Large progressive sign co. Design/production, college degree, Illustrator/PhotoShop. Great benefits. **sales.rockville@verizon.net**

Home Healthcare
Nurses. FT/PT & Wknds. PT/OT & Social Workers. Receptionist/Data Entry. Fax resume to: 202-545-1645.

readexpress.com

JOBS

HOTEL

EMBASSY SUITES℠

The Embassy Suites at the Chevy Chase Pavilion is currently seeking enthusiastic and service oriented indivs. for the following positions:

- **Maintenance Engineer** (Electrical & Plumbing)
- **Health Club Attendants**
- **Housekeeping** - Suite Attendants
- **Cafe Cino - Busser**

Prior job related exper. and shift flexibility is required. We offer a competitive benefits package and a great work environment.
Website: www.destinationhotels.com
Fax: (202) 349-2007
Equal Opportunity Employer

HVAC

A/C EQUIPMENT MECHANIC

The National Gallery of Art has multiple vacancies for A/C Equipment Mechanics, responsible for operating, maintaining, and repairing mechanical systems, air handlers, pumps, compressors, etc. Secure government job, great benefits. Starting wages $45,000. Call Mr. John Bixler, 202-842-6350 for more information. U.S. citizenship is required. For specific application information and instructions go to http://jobsearch.usajobs.opm.gov/a9nga.asp. The vacancy announcement number is #06-01

HVAC

Exper'd **Installers, Service Techs and Trainees.** Year-round work. Good pay, benefits, bonuses and commissions. CALL 301-881-4300

HVAC—GSH, a leading int'l. facilities mgmt. co., has several openings in Greater DC area. We are seeking the following professionals to join and grow with our team:

- **Licensed Electricians** (must be able to obtain govt. security clearance)
- **Client Service Administrator** (Dispatcher)
- **Building Engineers** (All Levels)
- **Mobile Refrigeration Service Mechanic**

Must have excel. commun. skills. Competitive sal. & full benes. pkg. Fax resume w/salary reqs. to 703-642-1602 or email: **chris.brown@ gshgroup.com**

HVAC

Installer-Journeyman
Commercial exper. req'd. **FAX** resume: 301-881-8910 or EMAIL to: **dgilmore@grunley-walsh.com**

HVAC SERVICE TECHNICIAN
Commercial/residential HVAC service techs needed. Some light plumbing required. Pay ranging from $20-$32/hr. Excellent benefits offered. Come join our team! Please Contact Jennifer Hardin at 703-299-3436 or FAX resume to: 703-299-3435.

Insurance CSR— Exper'd Comm lines. Clinton. P&C lic mandatory. FT permanent. Benefits. **Fax** resume: 301-868-2611 or email **commercial@walterry.com**

Interior Design

Washington design center showroom need FT/PT person. Interested or experienced in furniture & interior design, Fax resume to: 202-863-1397.

WeekendPass makes the weekend noteworthy.
Every Thursday in Express.
X143b 1x.5

WeekendPass makes the weekend pulse.
Every Thursday in Express.
X143g 1x.5

Classifieds

JOBS

IT Support System Admin, F/T

Bethesda-based co. is seeking a confident, accountable, self-starter for IT support. Duties include desk-side support for staff (PC and Wyse terminals), admin of Windows-based and Unix servers, phone systems, and remote support for Denver office.

Excellent growth opportunity!

Send resume to
resumes@fco.com
or (240) 396-5087

LABORERS/WAREHOUSE/ TRUCK HELPERS
Apply today, work tomorrow! 43 immed openings for Laborers/Warehouse/Truck Helpers on day and night shifts. Positions located in DC Metro area. Transp a must. Apply in person Mon - Wed., 10am sharp, at Crosby Corporation, 835 Bonifant St., Silver Spring, MD.

LEGAL—Do you need a FT Lic. Attorney to work as an Associate in small or solo firm? Avail Immed. Salary negotiable. Please call 202-966-0564

Management
GOLF MANAGER
NoVA club seeks experienced manager to help w/ all phases of operations & marketing. Team player, self starter, computer literate. Excellent benefits. Send resume to: PMB 145 3686 King St. Alexandria, VA 22302.

Marketers

AIDS Marathon seeks energetic & articulate people to distribute promotional materials to local businesses. Neat appearance req'd. Car Helpful. Approx. 2 weeks (6/23-7/7) M-F 9:30AM-6PM. $10/Hour.

Call Beth at (202)543-2786
M-F, 10AM-5PM.

MODULAR FURNITURE INSTALLERS
No exper. necessary. No. VA/DC.
Call Brad at 512-569-0572

MAINTENANCE
$2000 SIGN ON BONUS
Riderwood, an Erickson Retirement Community, located in Silver Spring, MD is seeking the following top-notch professionals:

SR. HVAC MECHANIC
Min. 3 yrs commercial & residential maintenance of major HVAC equipment.

SR. MAINTENANCE MECHANIC
Min. 2 yrs commercial & residential building maintenance.

Must be motivated & have a strong desire to oversee day-to-day maintenance needs of residents & staff. Must be certified, demonstrate leadership ability & have excellent communication skills.

Competitive salary, Excellent benefits and Growth opportunities! **Email resume with salary requirements to: Human Resources at:**
ajames@ericksonmail.com
or fax to: 301-572-8402
EOE

RIDERWOOD VILLAGE

Maintenance and Janitorial
Mgmt company seeks experienced maintenance personnel for 184 unit apartment community. Must have own tools and reliable transportation. Experienced only. Janitorial position available - cleaning of common areas, grounds, etc. Please fax resumes to 202-561-7314 or call 202-561-2050 for an application.

Marketing

MGR. EDUCATIONAL PRODUCTS & SERVICES

HQ of intn'l infection control assn in DC seeks exp. mkt. ind. to oversee dev., mgmt., and promo of new products (books, CDs, videos) and services (webinars, on-line learning). You will need a Mkt. degree, three years experience managing products, excellent proj. mgmt. skills, and an attitude of customer service. Travel: 5%. Salary commensurate with exp.; generous benefit pkg. Send resume, cover letter and salary requirements to employment@APIC.org.
EOE M/F/D/V

WeekendPass. Delicious. Thursday.

MANAGEMENT

A private membership club near Capitol Hill is currently seeking an exper'd. Night Manager to work M-F. Qualified candidate must have leadership qualities, a positive management style w/the desire to continuously improve. Exper. dealing with union employees is helpful. Applicants must be effective leaders, capable of producing results, and commitment to the organization is essential. Salary range is based upon exper. Please FAX or EMAIL your resume to: **202-479-4273 OR chilty3@earthlink.net**

MECHANIC
Medium to Heavy Duty Truck Mech.
Needed. Exp. req'd. Must have own tools & transportation. 703-670-7177. or fax resume to: **703-670-7847.**

MEDICAL MGR—Front Office Mgr for growing medical practice. Must be able to work both locations 8:30-6:00, Fairfax on Mo-We & Rockville on Th-Fr. Go Getters only fax: 240/536-0482

MEDICAL RECEPTIONIST/BILLING
Immed. FT. McLean/Arl. OB/GYN office.
FAX CV 703-532-0609

MENTAL RETARDATION

Residential Counselors

All shifts. Must have exp. w/DD Adults. Valid driv. lic. & good driv. record req'd. ASL skills a plus. Fax resume to: **301-918-9758. EOE.**

MORTGAGE/LOAN PROCESSOR
Experienced. Attractive salary & benefits.
Call Mr. King at 703-230-0505.

NEWSPAPER COURIERS—wanted in Mitchellville & Lake Arbor, MD area. Call 301-350-3741

Nurses
CNA's —needed immediately. Live in or Live out. Call Distinctive Home Care at 301-772-3245

Nursing
RN —needed for home assessment visits and supervisory visits. Prior exp pref'd. Call Distinctive Home Care at 301-772-3245

PHYSICAL THERAPIST/ CLINIC MANAGER
Busy outpatient physical therapy practice in Hyattsville looking for independent, energetic, FT/PT/PRN physical therapist. Comp. sal., flex. schedule, full benes., & oppty's for promotion & prof'l growth. Sign on bonus is avail. FAX or Email resume to: 301-853-0096 or campt@camphysicaltherapy.com

PHYSICAL THERAPIST & PHYSICAL THERAPY ASST
Seeking outgoing PT & PTA for an expanding Physical therapy practice in Sil Spg, MD. College grads welcome. Management opptys. Please fax resume to 301-588-4147.

Printing
Bindery
Stitcher, Folder, Cutter operator, FT Days, PDVAC, Medical, 401(k). Progressive Printing Spfld, VA 703-719-0050 ask for Phil or Terry

Program Coordinator
Forte Int'l seeks a self motivated, responsible person to work on Int'l exchange student pgm. Resumes: alvin.yang@forteusa.org, fax 202-466-7118

PROJECT MANAGER
For Fairfax-based mech. contractor. Long term projects at Dulles Airport. Must have mechanical contracting exper. and be a motivated team player. Great place to work for the right candidates. Exceptional pay & benes. CALL Gail at 703-256-4884.

PROPERTY MANAGEMENT

MAINTENANCE SUPERVISOR ASST.

Must be HVAC certified and have own tools. Please FAX resume to: 202-561-8054.

Realtors Asst —Full commission Nisha 571-212-1855

Project Management

U.S. DEPARTMENT OF HOMELAND SECURITY

Assistant Director, Personal Property
Lead Personal Property, Fleet, Aviation, Marine and Internal Controls Activities

Assistant Director, HQ Projects
Lead Space Allocation, Move Mgmt, Facilities Renovation & Construction Activities

The DHS's Office of Administrative Services is looking for two key leaders who can ensure the delivery of effective and efficient business and management services throughout the Department, to enable DHS to lead the unified national effort to secure America.

Our Core Values are:
- **Integrity: Service Before Self**
- **Vigilance: Excellence Every Day**
- **Respect: Honoring Our Partners and Employees**

DHS offers an exciting and dynamic work environment with a full benefits package including paid vacation, sick leave, government matched retirement savings account, health insurance, and flexible spending accounts for health and dependent care.

These positions are in Washington, DC and are GS 301-15 (Salary Range: $107,521 - $139,774) full time, career appointments open to Federal and non-Federal professionals.

To view complete vacancy announcements, requirements, and deadlines go to the following sites:

SUPERVISORY PROGRAM MANAGER
http://jobsearch.usajobs.opm.gov/getjob.asp?JobID=43686063
USAJOBS Announcement Number: DHSHQYR06-1243

ASSISTANT DIRECTOR, HEADQUARTERS PROJECTS
http://jobsearch.usajobs.opm.gov/getjob.asp?Job ID=43911338
USAJOBS Announcement Number: DHSHQYR06-1258

Follow all instructions in announcement for application procedures. EOE

RECEPTIONIST/JR. SECRETARY
Silver Spring. Bilingual Spanish/English. Minimum 1-year clerical experience. Must be smart & accurate w/good common sense. FAX: 301-495-8815; **www.markskatz.com**

RESTAURANT
Needed immed. in Potomac. F/T. Cashiers & Servers. Please CALL 240-417-0833.

RESTAURANT

EXPERIENCED SERVERS $6-$7 PER HOUR PLUS TIPS

THE SPIRIT OF WASHINGTON IS IN THE PROCESS OF HIRING
MANAGERS, SERVERS, BUSSERS, BARTENDERS, COOKS & KITCHEN HELP, DECKCREW

APPLY IN PERSON MON-FRI 10AM-5PM
PIER 4
6TH AND WATER STS., SW
WASHINGTON, DC 20024
WATERFRONT STOP ON THE METRO GREENLINE
202-264-3602

Restaurants

PGA TOUR NEEDS STAFF!
To work the prestigious **Booze Allen Classic** in Potomac, Maryland from

Booze Allen Classic
6/21-6/25/06

We are currently seeking:

BARTENDERS/ RUNNERS/SERVERS EXPO CHEFS AND KITCHEN STAFF

Apply in person
BEFORE June 17th at
150 S. Washington St., #201
Falls Church, VA 22046
Between the hours of 10am-6pm
Or email pgatour@penguinstaff.com

RESTAURANT

What you want is here!

Cashiers • Catering Cook • Grill Cooks Catering Server • Baristas

If you want to grow in a rewarding position with an industry leader, this is the place for you! Sodexho, North America's leading provider of outsourced food service, needs to fill the following positions in McLean, Virginia: Cashiers, Grill Cooks, Catering Cook, Catering Server, & Baristas on a major corporate campus. The shifts vary, with full and part-time employment available.

We offer competitive wages, excellent benefits packages, and the opportunity to advance. You must be a US Citizen and able to pass a rigorous background check.
To apply, fax your resume to (703) 720-2589, call (703) 720-2580, or e-mail brian.schortz@capitalone.com
At Sodexho, we value workforce diversity. EOE, M/F/D/V

Sodexho

RESTAURANT - SHORT ORDER COOK
Short Order Cook for busy cafeteria in Federal building. Must have exper. & own transportation. Please call: **301-345-0366.**

RESTAURANT
SERVERS Day & Eve Shift
For the IHOP in Clinton, MD. Good pay. Apply in person:
8905 Woodyard Rd.
Clinton, MD

Restaurant
Cashiers, Managers, Sandwich Prep Wanted. Caseys Coffee, 2 DC locations. Inquire within: 508-23rd St NW. For info: 301-442-6054.

Restaurant
Bartender/Waitress
Dependable, great personality, Riverdale Park, MD. Steve 301-927-3977

Research an Exceptional Career and you'll find CoStar!

RESEARCH ASSOCIATES
Do your research and you'll find the career opportunities for CoStar Group Research Associates are unlimited. We provide the training and tools essential for success. As the leading provider of information services to the Commercial Real Estate industry, our products offer customers access via the Internet to the most comprehensive database of commercial real estate information on over 60 markets in the US and UK. Last year alone, more than 70% of leasing and sales transactions took place with the help of CoStar Group.

Requires:
• Strong desire to advance • Bachelor's degree or relevant work experience • Proficiency with MS Office & Windows based applications • Excellent telephone, research & communication skills • Ability to build long-distance client relationships with ease.

We offer:
• Competitive base salary with incentive opportunities • Comprehensive medical/dental plan • 401(k) plan with company match • Paid training & development • Free parking • Diverse growth opportunities and more!

Find out more today by exploring our CAREER CENTER:
www.costar.com/careers and apply online.

Equal Opportunity Employer m/f/d/v. Drug-free workplace.

CoStar GROUP
Real Estate Information

NOW HIRING!
POTBELLY SANDWICH WORKS
A unique sandwich shop, is **NOW HIRING** in all DC locations including our new store **OPENING SOON** in Bethesda.

JOB FAIRS:
For any DC location:
1900 L Street NW Washington, DC 20036
Wednesday, June 14th 3pm to 5pm

BETHESDA:
4731 Elm St., Bethesda, MD 20814
Monday, June 12th through Saturday, June 17th
10am to 5pm each day

If you are interested in management for any DC/VA/MD location go to www.potbelly.com

Potbelly SANDWICH WORKS

Classifieds

JOBS

Restaurant

BARTENDER— Come join the fun at our new Tiki Bar. Accokeek MD. Call 301-848-0288.

RESTAURANT MANAGERS
For growing rest. DC/MD/VA. $38-$85K. 800-351-7557 FAX 800-208-0633 dss907@aol.com

RESTAURANT
Westwood Country Club located in Vienna is currently hiring:
- **Line Cooks**
- **Servers**

FT/PT avail. FREE parking, excellent benefits. CALL 703-255-3739.

Retail: Asst Mgr & Sales Assoc P/T
For PG Hospital gift shop (Cheverly) and Doctors Community Hospital gift shop (Lanham). All shifts; Asst Mgr must be flexible. How about a job where you can make a difference? Call 301-618-2331 **(PG)** or 301-552-8008 **(Doctors).**

Retail
Gift and Holiday Shop Assistant
American Plant Food Co. a retail Garden Center, is looking for a career oriented person to fill our Gift and Holiday Shop Assistant position. Retail and merchandising experience is a plus, as well as strong customer service skills. This is a position with a future. If you are qualified please contact Kate at 301-770-7729 or e-mail to apfjobs@aol.com

Retail
HOUSEPLANT HELP
American Plant Food Co. is looking for friendly, energetic, customer service oriented people to work in our Houseplant sales area. Full and part time positions available. If you are qualified please contact Kate at 301-770-7729 or e-mail to apfjobs@aol.com

RETAIL SALES
APPLIANCES— $12/hr+.
Bonus. Professional Position. Will train. Not Metro acc. Transp. req. Springfld. 703-569-5014.

RETAIL SALES FT/PT
Sat & Sun for Tribal Art Gallery in N.W., DC. Retail exper. a must. Call 202-375-4303

Sales

Ad Sales Account Exec

Outstanding opp. for aggressive, driven sales prof. in DC Metro area.Sell ads in our visitor pubs and online components. Exp. Selling in hospitality industry req.. Excellent written and oral communication skills and the ability to work under pressure necessary. Excellent earning potential, salary, bonus, commission, and full benefits. Please forward resume to be considered: info@essentialmediapartners.com

play su|do|ku

SALES
A RARE OPPORTUNITY

Prosperous NoVA/MD Company in the home improvement industry is expanding. Prior industry experience not necessary but welcome. Professional training program provided. Someone who needs at least $65,000 per year with the potential of six figures. Commission, Incentive and bonus. Car Required. No overnight travel. Call Brian Quick between 9am and 3pm @ **301-560-1420**

Sales Supervisor
NOVO 1 is seeking a Inside Sales Supervisor to join its team with a growing company in Laurel, Md. Must be able to supervise, develop and implement motivational strategies to improve moral and increase production. Education and/or Experience: Degree in Marketing suggested, plus 2 years sales experience. English speaking is required. Excellent written and oral skills are required. Must be articulate and fluent communicator. Resumes to peggy.collins@protocall.net

SALES
POHANKA
Change Your Life
Not Just Your Job!
Join us now, get trained & make $4K-$6K per month.
We Offer:
- Paid training
- $400 per week salary
- Up to 40% Commission for experienced Salespeople
- Full benefits package

If you're looking for the ability to put your ideas to work, we're the company for you!

Candidates must:
- Have a Valid Drivers License
- Be at least 21 years or older
- Be able to work long hours
- Must have a neat appearance
- Have very good communication skills

Call us today for an interview
Pohanka Automotive Group-Temple Hills, Maryland. 301-423-1100

SECURITY OFFICERS
****$1000 Sign on Bonus****
VA, DCJS Armed FT/Night positions only. **FREE BENEFITS** Own vehicle a must. Call Amber at Security Associates. 703-257-0292.

SOCIAL WORKER
F/T Manager for Autism program. FAX resume/lic.: 301-386-8877.

Technician, Pest Control—Exp in pest control pref'd but will train. We offer strong earnings potential, paid training, co. vehicle, medical, vision, dental, long & short term disability, 401K & profit sharing. Please contact for interview 703-379-4746, fax resume to 703-379-0907 or email resume to **medhinds@aol.com**

TELEMARKETER $$$
Earn up to $15/hr. Immediate openings.
Contact Mr Cole 202-269-5240

SPORTS
Paid Caddies opps for Booz Allen Classic Pro-Am PGA Tour event June 21. Knowledge of the game & golf etiquette a must. Send the following info: Email, Name, Address, Phone # & Golf Exper to Staceyann Van-Horne, svanhorne@kempersports.com and entitle email: Pro-Am Caddy

Tech Jobs
Network Administrator
Required experience: Windows Server 2003, SBS 2000-2003, MS Exchange 2000-2003, Firewalls, Routers Active Directory, Wireless Windows TCP/IP, DNS, DHCP, VPN, SMTP, wireless routers, hubs, DSL and cable modems, Hardware repair/replacements. Excellent written and communication skills. jobs2006@oits.com

Technician — CATV, CONTRACTORS
Cable pullers- Cable Techs Needed reliable cabler pullers and Cat5e and Rg-6 techs. Must have own transportation.. Virgina residents. Contract work or hourly fax resume to 703-935-0598 or call 571-323-1231- ext 100

TELEMARKETING
Earn up to $25/hr. NOVO1 is looking for highly skilled, exper'd inside sales reps to market for Fortune 100 co. FT/PT. Great working environment, Laurel, MD. Call 301-361-1111, ask for Mark.

Travel agents needed.
Work from home. No exp nec. Call 301-352-7330.

VETERINARY ASST/RECEPTIONIST — Vienna, friendly work atmos. Great adv. opportunity. 703-938-2800.

WINDOW TREATMENT INSTALLER
No exp. req'd. Howard Co. Area. **301-404-5004.**

Work Hardening Coordinator
Busy outpatient physical therapy practice in Hyattsville looking for independent, energetic, kinesiologist or exercise physiologist to run industrial rehab. dept. Comp. sal., flex. schedules, full benes & opptys. for promotion & prof'l growth. FAX or Email resume to: 301-853-0096 or campt@camphysicalterapy.com

CAREER TRAINING AND EMPLOYMENT SERVICES

OFFICE TRAINING
Computer Skills for:
- Receptionist/Office Support
- Sales Associate
- Customer Service Representative
- Business Presentation Specialist

Sanz since 1939
✓ Financial Aid If You Qualify
✓ Job Placement Assistance
1(888) 407-8222

AOS DEGREE
in HEALTH SERVICES ADMINISTRATION
in just 16 months!
includes
BILLING & CODING
in just 7 months!
✓ Financial Aid If You Qualify
✓ Job Placement Assistance

Sanz since 1939
1(888)407-8222

A new career!
Get career training in Criminal Justice! Animation or Design. Let Westwood College show you how!
1-866-811-6459
Not all programs offered at all campuses.
www.westwood.edu

A Bar Career
In 1-2 Weeks
- Days, Evenings & Weekend Classes
- Free Lifetime Personalized Job Placement
- Approved by the State of MD
- National Alcohol Awareness Certificate (T.I.P.S.)

Call for nearest location 1-866-411-2MIX
www.authenticbartending.com

Train to become a NURSING ASSISTANT in just 10 weeks
Day, Evening, Saturday Classes
Job Placement Assistance
Affordable Payment Plans
Americare
1(877)240-4488

WeekendPass makes the weekend artful.
Every Thursday in Express.
X143i 1x.5

WeekendPass. Delicious. Thursday.

WeekendPass performs. Thursday.

GET THE SKILLS EMPLOYERS WANT IN AS LITTLE AS 6 MONTHS!

Medical Office Assistant
- Medical Coder
- Medical Biller
- Medical Receptionist
- Medical Claims Adjuster
- Medical Insurance Processor

Office Administration
- Administrative Assistant
- Receptionist
- Customer Service
- Accounting Assistant
- Accounts Payable & Receivable

* Financial Aid Available If Qualified * Placement Assistance Available

Career Blazers LEARNING CENTER
888-639-8766
2131 K St. NW
Btw. 21st & 22nd St.

Opening Doors, Changing Lives
Begin Your Success Today
Call: 866.970.8484
Medical - Dental - Pharmacy - Allied Health Technology
Degree & Diploma Programs - Day & Evening Classes

ACT College — The Allied Health School
Arlington, Alexandria, Manassas
Financial Aid For Those Who Qualify
Job Placement Assistance
Programs vary by campus
Visit Our Website: www.actcollege.edu

SALES PROFESSIONALS

Fairfield Resorts, is currently accepting applications for career-minded individuals who are looking for a career in sales.

DID YOU EARN $100,000+ IN 2005?
YOU'LL NEVER WORK A DAY IN YOUR LIFE, IF YOU LOVE WHAT YOU DO!!

The top Sales Executives at our Alexandria office earn in excess of $200,000 a year and will be spending the 2nd week of February at **The Atlantis in Paradise Island, Bahamas!!**

We offer a positive and rewarding work environment with the opportunity for career advancement. We offer a comprehensive benefits pkg incl. worldwide discount resort travel and state-of-the-art training to ensure your success.

Call Bill Wiygul at **703-835-6128 or** Fax: **703-837-3490; or**
Email: **bill.wiygul@fairfieldresorts.com**

Take back the White House and bring back good government. Work for SHARE and help Democratic candidates raise funds. SHARE manages telefundraising campaigns for many socially progressive organizations.

- **Get great benefits! • $10-15/hr. on average!**
- **Flexible full or part-time schedule!**

To be a part of the solution, contact: Keith Lofton
Tel: (202) 223-3444 x110 or
Email: klofton@sharegroup.com
www.sharegroup.com

The Business of Social Change
SHARE
Somerville, MA • Washington, DC
EOE

Classifieds

CAREER TRAINING AND EMPLOYMENT SERVICES

Career training in Criminal Justice!

Westwood College

can help you prepare for a future in one of today's most exciting career fields Get the training you need for a new start.

1-866-811-6459

www.westwood.edu

Prepare for a new life!
Make a difference, even with the little ones as an Ultrasound Technician. Train in less time than you think!
Career services available
Financial Aid for those who qualify. Training includes an externship!
For a Brochure, call now! 888-771-2433
Sanford-Brown Institute
8401 Corporate Dr. Ste 500
Landover, MD 20785

TRAIN FOR A CAREER IN MASSAGE THERAPY AT EVEREST COLLEGE
You will receive a solid base of knowledge through instruction and hands-on training that can get you started in this exciting field.
Tysons Corner Campus
1430 Spring Hill Road, Suite 200
McLean, VA 22102
CALL: 888-425-7099
Adkey NPEX626F

TRAIN FOR A CAREER IN CRIMINAL JUSTICE AT EVEREST COLLEGE
No high school diploma or GED? We have options!
Tysons Corner Campus
1430 Spring Hill Road, Suite 200
McLean, VA 22102
Arlington Campus
801 N Quincy, Suite 500
Arlington, VA 22203
CALL: 866-698-9973
Adkey NPEX625G

TRAIN TO BECOME A MEDICAL ASSISTANT IN LESS TIME THAN YOU THINK
Three locations to choose from!
Everest College Arlington Campus
801 N Quincy, Suite 500
Arlington, VA 22203
Everest College Tysons Campus
1430 Spring Hill Road, Suite 200
McLean, VA 22102
Everest Institute Silver Spring Campus
8757 Georgia Avenue
Silver Spring, MD 20910
CALL: 866-255-6621
Adkey NPEX627G

Drive you.
"Cars" can put you in the right wheels. **Wednesdays.**
express
XX142c 1x2

BUSINESS AND FINANCIAL OPPORTUNITIES

100% INVESTOR FINANCING
No income required. **877-548-0721**
e-usmortgagefinancecorp.com

ARE YOU HAVING TROUBLE GETTING APPROVED?
Residential, commercial, construction and rehab loans. Bankruptcy, low credit scores, and foreclosure issues. No downpayment. No doc, no income verification loans. Call today and get approved.
301-362-4001

AUTO REPAIR SHOP—4000sf, 4 lifts, Newington, VA area. $89K obo. 703 200-8566

BARBER SHOP FOR SALE—Establ. shop 15 yrs. Retiring. Landover. Serious buyers only. 240-281-6133

DIRECT MAIL/OWNER SELLING
Existing Nat'l Franchise, Montgomery Co. Very Profitable - For Sale. Exclusive Clients. $100K req'd.
888-543-0441

VENDING RTE—Must sell. Hi volume sales in DC/MD/VA. 202-439-6100

STUFF

2 Taps Beer CoolerRubbermaid—$200 with all equip & attachments 703-503-2830

5pc DR set new in box. Worth $400 Take $150. Solid wood 301-399-7870

8PC-Cherry sleighbed set, new in boxes, $575-val $1100 301-343-8630

Air Condition— Central. Furnace, heat pump, never used. Will install. 301-262-8783 301-908-5394.

ARLINGTON - CD'S, TAPES, LP'S—NEW & USED. ALL TYPES. OLDIES, SOUL, JAZZ, R&B, POP 6/10-6/11, 6/17-6/18 9AM-4PM 3100 17TH ST SOUTH 703-302-3930

*****BAD/NEGATIVE CREDIT**
Remove from Credit Report
Call 202-775-6932

BD $150 Qn Double pillowtop matt set new in plastic Can del **301-399-7870**

BD $245 Double pllwtop king matt set New in plastic Can del **301-343-8630**

BEAVER CREEK ANTIQUE MKT—Hagerstown, MD 22nd Year Anniversary Sunday June 11 8-5. Dealers on the lawn & Dealers inside with big Discounts & Specials. Take I-270N to I-70W to Exit 32A & go one mile. Come early & enjoy a hot beakfast with us. 301 739-8075

BEDS
Used in Great Condition
QUEEN SETS $129
MD 301.324.8684 301.468.6443
BALTIMORE 410.719.6922
VA 703.818.2678 703.354.2600
CORT FURNITURE

FURNITURE—Cust. Bone Bar/Wall Unit, 90"x84", glass open shlvs & closed bar shlvs & drawers, $2000/neg. Din tbl Brueton 40"x72", steel & glass w/ 2 glass leaves, $1500/nego. Din chrs., 8 metal circular backs w/ grey uphol seats, $1500/neg. In Columbia call 410-730-0966

GRANITE COUNTERTOPS SALE
$25/per sq ft. This Saturday. 301-627-7630

MURPHY BEDS (2)—Queen sz, matt incl, like new, installation ready. $500 ea. Fully installed. Metro area, $1700 ea. Site appr. req'd. 301-320-4022

OFFICE FURNITURE
Rock Bottom Prices From:
Desks $60 Chairs $25 Lat. Files $50
Bkshlvs $50 Fire Safe $350 & More!
Open 9am-6pm, Monday-Saturday
403 SWANN AVE., ALEXANDRIA, VA
CALL US: 703-535-8085

ORIGINAL PAINTINGS & PRINTS — Mostly Peter Max & Dali, Olivia Nude painting & prints. Many others. All from $1000. Terms: cash, money order or bank check. 703-593-1736.

OXON HILL/FT WASH—1661 Tucker RD, Saturdays thru October 8am-2pm space available 301-567-2664

Sofa+lvst+chair, microfiber Brnd new never used take $595. 3/343-8630.

Tuner-FM—$200 Carver TX-11A W/manual mint other audio eq avail 703 250-4507

WELDER—250 Lincoln Diesel w Ford Truck Body & Tools. Dulles Airport $3500.00 Call Bob 301-775-9830

Get fit
Tuesdays in Express
A weekly section about how to look and feel and be your best.
express
A publication of The Washington Post
XX142c 1x2

WeekendPass. Top-rated. Thursday.

WHY BUY NEW?
Get that furniture now that you have been wanting-buy used, fine furniture in excellent condition for a large discount off new. Hurry-everything's selling fast!

Downsizing/Moving sale. —Looking for high-quality, elegant, like-new traditional furniture at a bargain price? We have:
Living Room Furniture: —gorgeous, high polish Stickley secretary with lit cabinet $3495; (2) Stickley 3-drawer bachelors chests $345 ea; Pennsylvania House camel back cushioned couch, burgundy damask $795; matching burgundy damask wingback chair $395; (2) stately Pennsylvania House gooseneck chairs, mahogany wood & print on black fabric (qty two), & two matching 13" square throw pillows $295 ea; (2) Quoizel crystal & brass table lamps $72 ea, piano, console by Kimball w/bench $900
Dining Room Furniture —Lit china cabinet $2095; traditional superbly hand crafted oriental rug with beautiful ornate details $1950; Grandmother clock $195. **Bedroom Furniture** —Harden king size, lighted mirrored wall unit headboard with storage and lit curio cabinets (w/3 drawers) $1984; matching 12-drawer dresser $878 **Family Room Furniture** —L-shaped sectional sofa, 5pc sage color w/chaise on one end incl matching throw pillow & 2 ottomans $1620; Round rustic solid wood table. Custom made to fit the L-shape sectional sofa mentioned above $158; (2) 3 dimensional framed art pictures Egyptian style $170 ea. **Miscellaneous Furniture** —sofa table $30; (2) maple color bar stoos $65 ea, artwork and various decorations. Leesburg, VA 703-777-8135 or email mkelahan@usa.net. Serious inquiries only, please

TICKETS

NATIONALS*WIZARDS*ORIOLES
BUFFETT*MCGRAW*PEARL JAM
301-985-6250
www.greatseats.com

PETS

ADOPT A CAT/KITTEN **VET CHECKED**
Call Feline Foundation.
703-920-8665 **www.ffgw.org**

AKC Chocolate Lab Pups—Vet checked, 1st shots & wormed.
Call Deby or Mitch
540-885-3473

CANE CORSO PUPS—Italian Mastiffs, F's $1400, M's $1000. Call for more info 240-461-4595

CAT—Lost in Fairlington, 4-5 yr old, Fluffy, Buff, Light Tan color. No collar. REWARD. 240-888-2270

CHIHUAHUA MIX PUPS—Ex tiny. Low to no shed. Father is T-cup. S&W. Super sweet. $450+. **540-974-0552**

CHOC LAB PUPS—AKC/OFA/PENN HIP/CERF READY 6/17 1 FEMALE/4 MALES LEFT (540)868-2127

Chow-Chow Pup—Black fml, 1st shots & wormed. AKC reg. $400 (202)438-0718

COLLIE PUPS—ADORABLE, AKC. Great breeding. Show quality. $600-$700. Call 301-842-3829

DACHSHUND PUPS—Regular mini's, long & short coats, red's, brindle's, creme's , blue's & black's. $450+. 703-201-7424

DOTSON PUPIES—2 males 9 weeks old. $450 each Call Doris 301-220-2629 College Park, MD

ENGLISH MASTIFF PUPS—Champion sired. Taking deposits. Brindles & Fawns, Ms & Fs. $1500-$2000. Call 540-784-0328

G/S Puppies AKC—AKC Black/Tan GS puppies. 4 females $500.
(301) 274-0542 **(301) 751-0405**

GOLDENDOODLE PUPS— Super sweet, family raised, shots & worm, crm/gold, $700up **703-407-8686**

IRISH WOLFHOUND PUPS—AKC, exc ped. Lg hlthy beautiful $1200 317-539-4340 / 317-563-2579

LAB PUPS/AKC—F's. shots & wormed, Black. OFA. $195. health guar. Call 804-633-3358.

LAB PUPS—yellow, AKC ch. sired, M/F, 2 shots, wormed, microchipped, 30 mo. hip & eye warranty, health certificate. 443-610-7740, 410-239-7190

LABRADOODLE—Beaut puppies born 5/19/06. Choc/Yellow/Chestnut. Ready to go, 7/3 540-338-6224

LHASA APSO PUPS—8 wks old, akc reg, vet checked, $400. 434-277-8217 or 301-672-1071.

PERSIAN KITTENS—8-10 wks, Shaded Silver (Fancy Feast), reg., M/F, hlth guar. $350+. 703-283-6404

PERSIAN KITTIE—Very playful, B color & gray color, M $300 /F $350. 202-276-5485 sander2631@yahoo.com

Standard Poodle Puppies—AKC, Ch lines, raised in loving home w/kids, 1F, 4M all blk, $1000 410-726-4530 Ready by Fathers Day

Drive you.
"Cars" can put you in the right wheels. **Wednesdays.**
express

Drive you.
"Cars" can put you in the right wheels.
Wednesdays.
express
XX142c 1x2

EQUAL HOUSING OPPORTUNITY

All advertisements for the sale or rental of dwelling units published in Express are subject to the federal Fair Housing Act, which makes it illegal to advertise "any preference, limitation, or discrimination because of race, color, religion, sex, handicap, familial status or national origin, or intention to make any such preference, limitation, or discrimination." State law forbids discrimination based on factors in addition to those protected under federal law.

Express will not knowingly accept any advertising for real estate which is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.

EQUAL HOUSING OPPORTUNITY

RENTALS

1BR/2BR Specials, 1/2 off of security deposit! w/w crpt, balcony, laundry, d/w, hdwd flrs, close to Metro. From $850 - $965 + electric.
6747 RIVERDALE RD
DELWIN REALTY **301-577-7917**

4248 6th St SE **$725**
4248 6th St SE
1 Bedroom apartment. Close to bus lines. Section 8 accepted. Close to schools and busline. $725 + utilities. Call Nathan -202-277-1978.

Alex/Kingstowne— Multi-lvl unit w/2 BR, 2 BA. Gar, $1490. 804-398-8525 www.sitedezignz.com/condo.

ALEX/OLD TOWN—Perfect location & condition, 2BR 1BA TH, patio/yard, fp, w/d, hdwd flrs, CAC, $1600. 703-693-9679 or 571-723-2089

ALEX—OLD TOWN TownHouse. Need 2 roomates. 1 mstr br w/bth-850, 1br/shrdbth-725. Frnshd common areas. WALK-METRO 410-474-6315

ALEX/OLD TOWN —3 BR, 2 FBA 3 lvl renovated brick TH. Hdwd flr, frpls. 2 blks from Water/bars/rest. Brick patio. $2900 **410-353-8001**

ALEX-RENT TO OWN, —ALL CREDIT WELCOME! NEW LUX TH, 3BR 2.5ba, 5K down, $2450/mo, 202-431-3367

ALEX S—Lux effcy, Sm 1BR, 748 sft, new renov, nr Huntington Metro/All transportation, Penthouse view, 14th flr. $950/m. 703-400-1586.

ALEXANDRIA
AFFORDABLE LUXURY!
1BRs fr $895 2BR fr $985
3BR from $1415
WASHINGTON SQUARE
1-877-437-2395

Alexandria City/Rt 1
Highrise, Garden Apts & Twnhms
Numerous Amenities!
***SPECIAL**
Move-in by 8/1/06
$275 Move-in Credit
4th Mo Rent 1/2 Credit

Carydale East	703-751-7576
Carydale Village	703-780-6244
*Holly Court	703-765-7039
*Rolling Hills	703-780-0161
*Washington Avenue	703-765-7039

www.carydale.com

Alexandria **EHO**
RENT SPECIALS!
Call for details
Gorgeous 1 & 2 BR
Apartment Homes From $999
ParcView Apartments
703-485-4148
M-F 8-5; Sat 10-5; Sun 12-5
*Restrictions Apply, Call for details

Alexandria **EHO**
Southern Towers
Convenience, Comfort & Magnificent Views!
Studio Special $725 **1BR from $945**
2BR from $1250 **3BR from $1520**
703-485-4154
4901 Seminary Rd

ALEXANDRIA, VA **EHO**
KINGS GARDEN
- Walk to Schools, shopping, and Huntington Metro
- Floor to ceiling windows
- Walk-in Closets
- Balconies or Patios

877-317-0279
6300 South Kings Hwy

play su do ku

ANNADALE **EHO**
The Parliments
Right off the Beltway!
- Rents from $930 inc utils
- Park-like setting
- Wall-to-wall carpet
- Enourmous Balconies
- Huge living rooms
- Minutes to metro

877-316-6297

ARL/EFC—Prof N/S F to shr TH, 1 blk from EFC metro, $615 + ¼ util, avail 7/1. 703-241-1006

ARL
FILLMORE GARDEN APARTMENTS
'BEST DEAL IN ARLINGTON'
1BRs $950
Free Utilities
877-380-0761 FOR APPT
www.fillmoregardenapts.com

ARL N—3-BR 2 FB, CAC, dw, wd, w/w, dk, $1750 7 min DC, 1 mi to Metro. 202-494-5199, 703-590-1842

ARLINGTON AWAITS!
Eff fr $855 **1BR fr $955** **2BR fr $1205**
All Utilities Included!
Mins from 395, near Pentagon City
& Baileys Xroads, Swimming Pool
, Pet Friendly (up to 25lbs), and
Millitary Discounts!
CHESTERFIELD HOUSE
1-877-437-2393

Arlington/Rosslyn **Several Locations**
SPECIAL: MOVE IN BY 7/1/06
& GET $275 Move-in Allowance!
On-Site Parking, Walk Metro
Upgraded Apts, 1&2BRs
703-671-4045 or 703-861-7605
www.carydale.com

ASHBURN/BRAMBLETON —Luxury 3 lvl TH, 3 MSBR w/private BAs, $795/rm. +utils. Good credit. No smkg. call Dale 571-221-3684

ASHBURN — LAKEFRONT - 4+BR end unit TH, 3.5BA, near Rt 267, large fncd yard, deck, $1850/mo703-737-7330.

BETHESDA **DOWNTOWN BETHESDA**
BETHESDA PLACE APARTMENTS
- 1 & 2 BR apts. up to 1300+ s/f
- Washer/Dryer in all apts.
- Resident controlled access
- On-site Safeway
- Short-term/furnished avail.

866-390-7709

BETHESDA—Newly remod. 1 BRs fr $1345. 2BRs fr $1660. Incls. utils & prkg. Avail. July & Aug. Near Metro, NIH, shops. No pets. 301-656-1306

BETHESDA—Newly remod. 1 BRs fr $1345. 2BRs fr $1660. Incls. utils & prkg. Avail. Aug, Sept, Oct. Near Metro, NIH, shops. No pets. 301-656-1306

BLADENSBURG—1BR/1BA Condo. 5th flr unit, 800 sq ft. Avail immed. 6011 Emerson St. $980/mo, utils incld. 240-381-4958.

Bowie, MD **$2100**
Quick Move-In
Immac. 3 lvl TH, 3bd/2.5ba,gar., dk.,Easy commute,-Pristine area. Call:301-805-0683 or 501-240-5566

BRANDYWINE—4BR, 3FBA, LR, Din/Kit, gar, remod bsmt w/sep entr, **8208 Heatherwick Dr.** call 1-866-Rolanda

BROOKLAND/2919 10th St NE—3 BR, 2BA, fin bsemt, W/D, hdwd flrs., walk to Metro. Rent $1300 plus util call 202-829-0225

BROOKLAND—4BR 2½BA, newly renov, OSP, sec 8 OK. Open Sun 1-3. $2600. Mark, 202-439-8346

Camp Springs **EHO**
MetroPlace At Town Center
1BR $1340 **2BR/1BR $1560**
- Across from Branch Ave Metro
- Fireplaces, bay windows, patio/balconies*
- Tennis Court, Pool & indoor basketball court
- Washer/Dryer in every apt

888-272-6597
4300 Telfair Boulevard Camp Spring, MD 20746
www.gables.com

CAP HILL—Effcy partly furn, prk'g, all utils, patio, close to Union Station/metro/Capital, quiet. $1500/mo 202-662-1216 weekdays avail now

CAP HILL/UNION STATION—Brand new 2BR, 1 ba Eng bsmt apt., 2 min. walk from Metro, w/yard. Avail. imm. $1590 + utl. 703 625-9203.

CAP HILL/URBAN CHIC—2 Yrs. new, 2BR, 2BA, luxury loft, w/d, OSP, mins. fr. scenic Lincoln Park, Metro accessible, avl. July. Call Jeanine, 703-683-8449

CAPITOL HEIGHTS — Beautiful, spacious, 3BR, 2½BA TH w/fully finished bsmt, convenient to Metro/495/AAFB & DC. $1800. Available 7/1. Call 703-731-0107.

Children's Hospital Area
Spacious 1 & 2 BR Floorplans
WALK TO METRO
W/D & Microwave in every apt.
Kitchen with Breakfast Nook
THE HEIGHTS **1-888-333-5578**
*select apts. call for details

CLINTON $200/wk—2 Br Bsmt in SFH Pvt ent.Ba & kitch.Call: 240-899-4149

COLLEGE PARK **EHO**
UNIVERSITY GARDENS
Great for Students!
- HUGE BALCONIES
- Spacious closets
- 2 swimming pools
- Shuttle bus to UMD in community
- Small pets okay!

877-316-6285
1801 Jasmin Terr, Adelphi

DIST HGTS/3514 Springdale Av—4BR, newly renov, det. house, close to schools, Metro, shopping. Section 8 welcome. $1475/mo.
Mr. Barnes: 240-305-2161

DOWNTOWN/CONVENTION CENTER—Commuter. Live near work/play! New appliances & fixtures. Convenient to public transportation & shopping! $775/mo. **202-289-4909**

Classifieds

RENTALS

Downtown **City Living at its best..**

Steps to Metro
Restaurants, Museums, and more

Newly renovated! Free Gated Parking. Rich Berber Carpet, A/C, laundry. EHO

1 & 2BR Available
Washington Apartments
202-737-2206 **1201 6th Street NW**

DOWNTOWN/NW—Non-smoking F share renovovated TH, furnished rooms, W/W, W/D, cable wired, Metro, security deposit., net rents start $385 incl utils. 202-232-1127

DUMFRIES—3BR, 2.5BA TH like new, fin bsmt, w/d. $1495 703-655-8206.

FAIRFAX
BEST LOCATION IN FAIRFAX!
EFFICs from $820 **1BRs from $1070**
2BRs from $1300 **3BRs from $1560**
Convenient to Metro, NOVA & George Mason University, Small Pets Welcome, Free Storage Facility
ALL UTILITIES INCLUDED!
MARGATE MANOR
1-877-212-8271

Fairfax **EHO**

AVALON AT PROVIDENCE PARK

- Large eat-in kitchen with breakfast room
- Built-in wine rack & opt. woodburning fireplace
- Outdoor pool with sundeck
- Passes avail. to GMU Recreation Sports Complex (Fieldhouse) & the Aquatic and Fitness Ctr
- Easy access to public transportation

CALL FOR SPECIALS: 866-723-5728
www.avaloncommunities.com

FALLS CH—lg sunny 1-BR, compl. remod., new kit. & BA, pool, gym. $1095 incl utils 703-273-4565

FALLS CHURCH/LAF PARK—1BR den, new w2w, DW, balcony, utils incld on Route 7 nr Seven Corners. $1,250/mo. Avail now. Jobin Realty, 703-856-4533

FORESTVILLE **EHO**
1BR from $705
2BR from $770
3BR from $1030
Near Bus/Metro/Shopping
Student/Millitary Discounts
PARK BERKSHIRE
6311 Pennsylvania Ave
1-877-227-2890

Fort Washington **EHO**

ASHFORD AT HENSON CREEK
GREAT SPECIALS!

sz06 Spacious floorplans w/walk-in closets, eat-in kitchens (avail), W/D available in select homes!. Minutes to downtown DC & AAFB.

Call today! 1-888-202-4586

FREDERICK—Top lvl condo. 2BR 2 full BA. new carpet & applncs. Move in before June 30th & get 1 mo Free Rent. $1100/mo. 240-899-1195

FREDERICKSBURG/ORANGE— Rent to own 2BR unit. $129,900/$750 mo.
Karen Rollings, RE/MAX 2000. Call Courtney 804-365-0266.

Gaithersburg **EHO**
Great Location near
Rio, Metro, & I-270!
1BR from $785
2BR from $970 **3BR from $1230**
Spacious Apts - to 1300sf, AC
Scenic Balconies, Pool
Mill Creek Gardens
17654 Amity Way **1-866-600-4369**

GEORGETOWN—Furnished cottage, liv. rm., BR, BA, kitchenette, a/c, big terrace, $1800/mo. 202-333-1191

GERMANTOWN— 4BR, 2.5 BA, fin bsmt, nice quiet area nr Metro, Bus, Mall, Sect 8 ok. 301-512-7504

GREENBELT—2BR/1BA condo. $1300 incl all util. Call 301-760-7765

HYATTS—Oglethorpe Condo, top flr, 1-BR. $950 util incl. 703-527-2879

HYATTSVILLE **EHO**
Call for Specials
1BR from $885, 2BR from $990
Instant Approvals
5% Gov't, County, & Sr. Citizen Discount
• Nr Metro, shpng & restaurants
CALL FOR SPECIALS!
QUEENSTOWN APARTMENTS
1-877-278-3509
Mon-Fri 9-7, Sa 9-5, Su 10-5

HYATTSVILLE/Glenarden **$1550**
3 BR, 1.5BA TH in quiet neighborhd, Avail 7/1. Good rental refs & security dep. req'd. 804-651-7465.

HYATTSVILLE'S BEST!
1BR $840 **2BR $900** **3BR $1245**
All Utilities Included
Near Wash. Hospital Ctr, UofMaryland, & PG Plaza
Parquet Floors, Roomy Floorplans
QUEENS PARK PLAZA
2500 Queens Chapel Rd
1-877-699-0295

HYATTSVILLE—Lge 4BR/2BA. Avl immed! $1850/mo. **301-887-1959**

KENSINGTON—3BR, 3FBA, huge SFH, LR, DR, famrm addition. Fin bsmt w/ofc. Lge back yd fenced in $2500/mo. 301-674-2874

LANDOVER **1829 Belle Haven Dr**

Landover's Finest

Call about Free Rent! 2&3BR Blowouts! Renovated Apts. Breakfast bars, w/w carpet, after-school program. Metro access. Shopping center. ADA access. Free prvt storage. Near Sports Complex/FedEx Field.

301-579-5455

LANDOVER **EHO**
GREAT SPECIALS!!
Ask about the spectacular savings on our unique 'Signature Series'. NEW Clubhouse & Fitness Centercoming soon.

ASHFORD AT COOPER'S CROSSING
CALL TODAY! 1-888-459-5539

Landover Hills
CALVERT HALL APTS.
877-203-6036
2 & 3 BR APTS. Near Route 450 & PW Pkwy.
Gated Access • Individual Heat & A/C
Eat-in kitchens with Dishwashers

LANDOVER HILLS — N/S. clean & spacious area in bsmt. utils incl. Share kitchen. $520/mo or weekly $140. Sec dep req. 240-296-0498

Landover
KINGS SQUARE APTS.
877-898-6958
ALL UTILITIES INCLUDED
Walk to Metro. Call for Specials. **Free 6 week Summer Camp Convenient to shops, Bus**

Landover
MAPLE RIDGE **888-583-3045**
Free 6 Week Summer Camp.
Individually Controlled A/C and Heat
Fitness Center/Gated Access

LAUREL, MD. **1 BR SPECIAL!**
ESCAPE THE SHADOWS OF THE CITY..
..and enjoy the lush lawns & wooded areas of
LARCHDALE WOODS
Spacious apartments in a convenient location w/ olympic size pool, indiv. controlled heat and A/C. Large balcony or patio. Pets allowed.
CALL (866) 516-5359 TODAY!

Laurel—New condo 1BR 1BA in hist district overlooks Main St. Hdwd flrs, w/d, granite, stainless steel appl, close to shops, **METRO,** MARC. $1240/mo
CALL JOHN 301-434-3040 Duffie Inc.

LAUREL
So Spacious - up to 1200sf
1BR from $810, 2BR fr $950
3BR from $1255
Military Discounts
LAUREL SQUARE
1-877-227-2883

Leesburg—3 lvl, 3 BR,2.5BA TH,W/D, FP,pool,deck,-w/o bsmt,no pets $1595 avl 7/1 703-623-7299

LOGAN EAST—Newly decor, historic bldg, conven to transp./shopping, Efficiency $865 1BR $975 202-289-4909

LORTON/S. KINGSTOWN—Shr. TH, 4 rms. avail., 3½ ba. $550 utl. incl. 571-438-4153; 703 924-9416 eves

MANASSAS **EHO**
IN HISTORIC MANASSAS!
1BR from $895
2BR from $1070 **3BR from $1340**
All Utilities Included
COVERSTONE
1-877-437-2384
www.rimsi.com

MANASSAS PARK—Newly renov. 4BR/2BA house. $1600/mo. **703-855-0992**

MARSHALL—4BR, 3½BA, 2 car att. gar., fin bsmt., part of 200+ac farm, pvcy & beaut views, N/S. Avl immed. $2200. Call 703-534-5351

McClean—M/F to Share 2 BR Apt $650 Utilities and Washer/Dryer Included. Available July 1st (571)633-0178

McLean **EHO**
AVALON CRESCENT

- Walk to Tysons Galleria
- Gated community
- State-of-the-art fitness center
- High-tech business/conference center
- Outdoor pool with sundeck
- Optional attached/breezeway garages

CALL FOR SPECIALS 866-292-9907
www.avaloncommunities.com

NE/Children's Hospital Area
DISCOVER THE BEST IN DOWNTOWN LIVING!
Walk to Brookland Metro, Deli/Market & Services
HUGE 1,2 & 3 BR FLOORPLANS
THE CLOISTERS 888-287-2716

NE/GALLAUDET UNIV — 2BR/1BA Renov Rowhouse. $1100/mo. Call Summer Realtors 703-217-1200

NE/NEAR CAP HILL-GALLAUDET — Updated 3BR, 2½BA, new windows, flrs, freshly painted. $1700/MO. **Call David 301-434-9490 x336, Long & Foster**

NE/NR UNION STATION—Large 1BR. cac. fireplace. large fenced yard. w/d. $993. 301-589-0700

NE/SE 1 & 3 BR APTS AVAILABLE
Immediate occupancy. Section 8 welcome.
202-359-0786

NE/SE—1BR & 2BR apts, $675 & up + elec. No pets. Call 202-265-4814 or 202-889-4083
Fred A. Smith Co.

NE—Sec 8 OK. newly renov apt. 2BR, new appls, sec build, quiet neighborhood. $1100/m 202-251-4638

N.E. Three 2BR APTS — Avail immed, nice kitchen w/new cabs, 1 FBA, w/w, 1 yr rental lease, wrought iron fncd yd, Section 8 Welcome. EHO. 202-842-0307; Cell 202-372-6505.

NW/12th & U St.—Immediate Occupancy. sophisticated 1 BR/1 BA, $500/ off 1st mo. rent, close to restaurant, undergrond pkg and fitness center. $1900/mo. 301-537-6520

NW/5324 4th St.—2BR, CAC heat & air, $1100/mo + light & gas 202-722-2475; 301-529-5859

NW/14TH ST—Effics from $675, utilities included. Newly redecorated apartments, Safe, secure building. Laundry room, manager on-site.
Mgr: 301-503-9738
Waggaman Corp. 202-537-8970
Housing Choice Voucher Welcome
Equal Housing Opportunity

NW/25 BATES ST—Newly renov. 3BR, 1½ ba, w-w, lg kit, w/d, cac. $1750+
DELWIN REALTY **301-608-3703 X105**

NW/4201 Cathedral Ave— Spacious 1BR condo. New ceiling fans. Lux bldg. 24 hr security. Hdwd flrs. $1495/mo incl all utils.
DELWIN REALTY **301-608-3703 X105**

NW **877-810-6216**
CONVENIENCE & EXCITEMENT
AT AN AFFORDABLE PRICE!
Three intimate bldgs. located on Historic Meridian Hill & Dupont Circle retaining the elegance and beauty of a by-gone era.
Washington House **2120 16th St. NW**
Hightowerrs **1530 16th St NW**
Park Square **2407 15th St. NW**
PEABODY & THEOHARIS MGMT.

NW—Lg clean room, Kitchen use. Nr Metro. $585. 202-722-6181

NW—Nr Metro. Lg/Furn:$400-600 +1mo dep. 202-829-3307

NW Shaw—1BR apt in Senior Citizens building. Utilities Included, Wait-List now open! **Call 202-387-4022**

OLNEY—F to shr contemporary TH. Pvt BR & BA fully furn. W/D, cable tv, pool, prkg & utils incl. $650/mo Avail Now. **301-213-1179**

OXON HILL
COLONIAL VILLAGE
888-583-3047
FREE UTILITIES
CLOSE TO SHOPPING AND METRO!
Call Today for Rents & Specials!

OXON HILL **EHO**
SOUTHVIEW

- **Balconies & Patio**
- **Modern Kitchen**
- **Free Shuttle Bus**
- **2 swimming pools**

877-316-6303
A Southern Management Community

OXON HILL **EHO**
1BR from $725 2BR from $815
3BR from $1060
Instant Credit-Check
Metro Accessible
Near Shopping!
The Oaks at Park South
866-381-2786 (toll free)
Mon-Fri 9-6; Sat 10-5; Sun 12-4

OXON HILL **EHO**
PARK FOREST
Studio from $685 1BR fr $765
2BR fr $885 3BR fr $1135
5% Military & Fed Gov't Discount, Instant Approvals/Move-ins, Plush Carpet, Central Air/Heat, Free after-school program
625 Audrey Lane **800-880-3923**

OXON HILL—Min frm (Andrews/Bolling AFB). Splt foyer, 3BR, 2FB, W/D, $1700. Kipp, 240-893-9344, 3-6pm

OXON HILL/Southern Ave. Metro
2 MONTHS FREE* for immed. move-in
(Ask about other rent specials)
RENTS STARTING AT $666*

- Large pool and Playground
- Washer & dryer in select apts

Azalea Woods 301-839-4077
*Call for Details

RESTON—2BR 1BA w/formal dining rm, lrg kit, lrg BR, wlk to shop & amenities. $1300/mo incld utils Call 703-926-0304

RESTON
REFINED LIVING!
Up to 1560sf! Great location off the Tollway and mins to Reston Town Center. Small pets welcome.
1BR from $1030
2BR from $1205
3BR from $1480
All UTILITIES INCLUDED
Winterthur **877-437-2383**

Reston—SFH-Priv rm w/ ba & WIC-no pets, no smkg. $800/mo Call 7/758-9457

RIVERDALE **EHO**
RIVER CROSSING APTS.
All Utilities Included
Studios 1,2 & 3 BRs

- Large floorplans
- Eat-in kitchens

301-927-6755

Riverdale
FLETCHERS FIELD
866-805-0782
ALL UTILITIES INCLUDED. Spacious, Modern Apartments Minutes to University of Maryland and DC

Riverdale
PARKVIEW GARDENS
888-251-1872
1,2 & 3 Bedrm Apts. & Huge 2 Bedrm Townhomes
Fitness and Day Care Centers on Property
Outdoor and Indoor Pool
RIVERDALE VILLAGE
Call For Fantastic Specials*
W/W Carpet*; Eat-in Kits.*; Cathedral Ceilings*; Prvt Balcony/Patio. Close to Parks, Schools & Shopping
***Selected units** **800-767-2189**

Rockville **EHO**
AVALON AT DECOVERLY

- Dynamic 1 & 2 bedrm apts, including optional lofts
- Individual washers and dryers
- Private patios or balconies
- Fully-equipped fitness ctr • Indoor racquetball crt
- Two sparkling swimming pools, two tennis courts
- BBQ/picnic areas
- Newly renovated residents' lounge w/game room
- Pet Friendly*

CALL FOR SPECIALS: 866-723-5746
www.avalondecoverly.com

Rockville **1599 E. Jefferson St**
CALL FOR GREAT SPECIALS!
RENTS FROM $1235!
NO APPLICATION FEE!

- 2 blocks to Twinbrook Metro
- Dogs up to 45lbs welcome*

Call 1-888-725-1724
www.rollinspark.net

ROCKVILLE **EHO**
Move-In Now &
Pay No Rent Until August 1st

- Rental Townhomes from $1700
- Large 2,3,4 BR Townhomes
- Minutes to Rockville Metro
- Pets Welcome- up to 60 lbs

Yale Village Townhomes
301-424-6326
Closed Sundays

ROCKVILLE/GAITHS—1 & 2 Lg BRs. Furn or unfurn. Short/Long term, Corp/internships. Fully equipped kit/balc. Nr metro, park w/pool & gym, grocery. Good rates utils incld/cable **301-948-0087.**

ROCKVILLE, MD **EHO**
The Apartments at Miramount

- Washer/Dryer in each home
- Pool and Tennis Courts
- Picnic/BBQ Area
- Corporate Suites

888.324.8343
6040 California Circle
A Southern Management Community

SE: 3109 MLK. Jr. Ave.—1BR $595 + utils. 3 blks. from W.Gas, 1 block from Fire Station.
Open houses: June 12,14,15,16. 7am-9am
Manager: 202-215-1190
Waggaman Corp. 202-537-8970
Housing Choice Voucher Welcome
Equal Housing Opportunity

SE— 4 BR apt, newly renovated. CAC, w/w carp. $1600/mo Section 8 OK. Rodney 240-463-2070

SE: 4010 9th St.—1 BR $700+e. Totally remodeled,-hardwood floors, A/C, balcony, Southern Avenue Metro. Laundry room on-site.
Open Houses: June 12, 10-12 noon. June 18, 8-11am
Manager: 202-270-1319
Waggaman Corporation 202-537-8970
Housing Choice Voucher Welcome
Equal Housing Opportunity

SE—4BR 2BA, CAC, OSP, sec 8 OK. Mark, 202-439-8346

SE **Section 8 Welcome**
TERRACE MANOR APTS.
Off street parking; On bus route. 24 hr. maint. Handicapped accessible. Washer & dryer in select homes. all to wall carpet.
1 & 2 BEDROOMS AVAILABLE
202-678-0721
An E&G Group Community EHO

SE—Try this on for size! 1BR & 2BR renovated apt easy Greenline access, crpt, vouchers okay, quiet, secure, convient. Near Metro. Voucheers ok. Call 703-780-0040 leave msg.

SIL SPG—Crptd 1BR, $1025 utils incl, onsite prkg, nr Metro/Shops. Bus at door. Deposit $500.
Monterrey Apts **301-588-3413**

SIL SPG/Near Glenmont—2 Furn bsmt BRs, new home. On bus/metro route. Incls utls, CATV, hi-spd net, microfridge, shr BA & lounge. $785/$685/$750. N/S N/P. 240-481-9019

SIL SPR—1-4BR. W/D. Nr Glenmont Metro. Next to shops/bus/playgrd. **804-815-2179**

Silver Spring/Glenmont—4-5Br, 2.5 Ba, LR, DR, FR, FP, Gr, Quite, Fin Bsmt, Huge Deck, Grt Yrd, wlk to metro, Avl now (301) 873-4401

SILVER SPRING TOWERS
The Perfect Location!
FREE UTILITIES
Just a few steps from the Silver Spring Metro; walking distance to 2 new shopping centers, the AFI Silver Theater, the Discovery Channel building; and soon-to-be neighbors with a brand new health club and Borders Books - you couldnt ask for a better spot!
877-220-7136
A Southern Mgmt. Community
Silver Spring, Maryland
2BR Apt Available Immediately
All Utilities Included
1 Blk from Silver Spring Metro
Free Parking & Fitness Center
Call Today: 866-274-7193

Silver Spring **EHO**
Forest Park Apartments
'A great place to live'

- Beatifully wooded landscape
- Controlled access
- Mid-rise elevator bldg
- Laundry on every floor
- Wall-to-Wall Carpet
- Spacious Bedrooms
- Pools, playgrounds, bball court
- Much, Much more!

BRING THIS AD IN FOR
WAIVED APPLICATION FEE!
Please call 301-434-8727

SOUTHWEST **EHO**
EAGLE'S CROSSING
Parklike setting, Dishwasher. W/W carpet. W/I closets. Emergency Maint. Central Laundry facility.
202-561-7070
An E&G Community EHO

SS/Burtonsville—3BR 2½BA quiet area nr Metro, bus, school & mall. Sec. 8 ok call 301-580-2439.

STERLING—3BR 2½BA Lux TH. 2100+ s.f. 1 car gar. Comm. pool/tennis. $1850/mo. 571-228-0082

Takoma/East Silver Spr. **NEAR METRO!**
1 BR sec bldg, pking incl, $850.
Call JOHN 301-434-3040 Duffie Inc.

TEMPLE HILLS—1, 2 & 3BR Apts avail immed! W/W. D/W. Fireplace. Gas included. Call 301-894-8524

UPPER MARLBORO—Prof Female to share TH, priv bath, nr mall, Metro, busline, $650. 301-442-3538.

WeekendPass. Noteworthy. Thursday.

Prince George's County Featured Properties

Oxon Hill
Free Gas & Electric
1,2 & 3 BRs.
Near Southern Ave Metro
Spacious floorplans.
Pet friendly community!
Housing Choice Voucher Accepted
1439 Southern Avenue
Oxon Hill, MD
Forest Hills
1-866-394-2064

Laurel
1,2,3 BRs from $875
$200 Off 1st Month Rent
Huge closets
Floor-to-ceiling windows
Offers 6,9,12 month leases
Corporate leases available
Pets Welcome to 20 lbs
5% Student & Military Discount
14601 Bowie Road
Laurel, MD
Laurel Pines
1-888-637-7730

Forestville
New Specials Everyday!
1,2 & 3 BRs
Balcony/patio
Spacious floorplans
Pets welcome
1926 Rochelle Avenue
Forestville, MD
Berkley Estates
1-888-281-3043

Hyattsville
1 BRs From $819
2 BRs From $994
Free Gas, Electric, Water
2 blocks to West Hyattsville Metro
Teachers, Seniors, Police, Military & Student Discounts
Cats Welcome
3342 Lancer Drive
Hyattsville, MD
Hamilton Manor
1-888-281-3024

Langley Park
Apply To Win 20 inch Flat Screen TV
Spacious Apts At Great Prices
Near UMD and PG Plaza
Eat-in Kitchens
Carpeting or Hardwood Floors
Dishwasher
Balcony/Patio
Se habla Español
8100 15th Avenue, #102
Hyattsville, MD
Villas At Langley
1-866-896-5686

Temple Hills
Great Apts At An Affordable Price
1 BRs From $755
1/2 OFF App Fee
$99 Sec Dep.
Washer/Dryer in Each Apartment
Convenient to Metro
Wall-to-wall Carpet
Pet Friendly
4637 Dallas Place
Temple Hills, MD
Princeton Estates
1-866-394-2034

Landover
Special!
Spacious 2 BR
Apt Homes $845

- Uniquely Designed Floor Plans
- Separate Dining Room
- Eat-in Kitchen
- Wall to Wall Carpet

Housing Choice Voucher Accepted
7880 Sheriff Road
Landover, MD
Eaton Square
1-888-281-3014

Hyattsville
Spacious Affordable 1 & 2 BR Apt Homes With All Utilities Included

- Ample Closet Space
- Eat-in Kitchen
- Wall to Wall Carpet

5360 Quincy Place
Hyattsville, MD
Edmonton Station
1-866-884-6722

SAWYER
REALTY HOLDINGS LLC
EQUAL HOUSING OPPORTUNITY
*Some Restrictions Apply

Classifieds

RENTALS

VIENNA—4BR/3.5BA, wlk to Metro. Avail immed. $1,895/mo. Lease to own option avail. 703-994-8123

VIENNA, VA **EHO**

VIENNA PARK

- Park-like setting
- Wall-to-wall Carpet
- Enormous Balconies
- Huge living rooms
- Swimming pool
- Play areas
- Minutes to metro

877-316-6306

A Southern Management Community

VIENNA—Wlk dist to Metro. 2BR, 2 ba, swim pool. Nice area. No pets. $1800. Call 703 255-6023

Washington DC **EHO**

AVALON AT FOXHALL

- Controlled access building
- Reserved garage parking w/elevator access
- Captivating Cathedral and park views
- Full-sized washers and dryers
- Outdoor rooftop swimming pool

CALL FOR SPECIALS: 866-723-1009

www.avalonfoxhall.com

Why Rent...YOU Can Buy!—ARLINGTON, FAIRFAX, LOUDOUN PRINCE WILLIAM COUNTIES**NO Money Down! We Finance!**Equal Opportunity Lender. Rick Fairfax Realty- 703-**385-RICK** (7425)

Your Job is Your Credit— Looking for a place? 301-772-7782.

ROOMMATES

ALEX/Walk Huntington Metro—Share New TH. $1200+util (2BR/bath) to 1 OR $800+util ea BR. 301-801-3162.

COLUMBIA/ELKRIDGE—New lg SFH shr. 3½BA, 6 lg BRs, lg kit, fin bsmt, W/D. $550-$950. 1-888-462-7011

FAIRFAX CITY—prof. M/F to shr 3 lvl TH, N/S, LL, BA, sit rm., No pets. $485+1/4 util, 703-385-0248, 703-343-3568

FALLS CH/TYSONS—F, share condo, walk to shops, prkg, busline, $450-$550 incls utils. Call 703-599-7931.

FORESTVILLE—Shr house, beaut furn room avail., quiet loc, pvt BA, DVD, CD, TV & cable. $175/wkly+utils. 240-535-8720

FT. WASH—Furn Rms,Beautiful Hse to Shr. Shr LR/DR/Kit, W/D, $125-$200/wk, Utls incl 703-856-6075

GAITHERSBURG— Remod lge MBR w/full ba. N-smkg. Near NIST, prkg, shops, bus I-270. $375/bi-wkly 301-972-0086 or 240-425-3519

Lanham/Cap Heights—Rms for rent. Pvt BA. $160/wk. 202-330-7265

NE/1717 Trinidad Av.—Shr furn 2BR apt. Newly renov. & newly furn w/SS appls, hdwd flrs, ADT, cable ready, offst pkg. avail. Contant Jean at 202 528-3110.

TEMPLE HILLS—Very nice home to shr. Furn. rm. All utils. & cable incl. Lv. msg., we will return calls promptly 571-221-9567

TYSONS/MCLEAN—Lux condo to shr. Beaut Rm w/priv BA. $650+½utl, N smk **F**n pets Avl 8/1 703-899-3309

WALDORF—Huge 4BR TH, 3 lvls., 3½BA. $1850/mo. **202-359-2396**

CONDOS FOR SALE

ALEXANDRIA $175,000— Incredible views of DC, renov. effcy at Park Place w/fresh paint, new carpet, new kit appls, lge walk in clst & balcony. Call Melissa 703-624-1204 CENTURY 21 New Millennium

ARL/Claredon Metro/St Square—Luxury 2BR 1½BA, brand new, 10ft ceil, grg pkg, pool, great amenities, low condo fee, $499k. Jobin Rlty 703-628-3217

ARL N

SHORT WALK TO METRO!

Efficiencies from $185K; 1 Bedroom from $270K; 2BR from $269,900

Marion Cloud **703-314-7033**

RE/MAX ALLEGIANCE

ARL/Walk to Claredon Metro—Lux 2BR 2BA, fabulous amenities, 9ft ceil, grnte cntrs, hdwd flrs, 24 hr sec, pool, fitness, parking. Jobin Realty 703-628-3217

Arlington **$328,500**

Arlington Village Stunner

Classic Colonial all brick 2 lvl TH. 1BR/1BA w/superior finishingtouches! Deck, pool, tennis, fabulous grounds. Walk to movies, grocery, restaurants & shops. For details call:

Christina Wood 202-714-9822

Long & Foster 703-522-0500

ARLINGTON **$520,000**

Totally Turnkey Townhouse in Windgate

Simply too may good things to list. 3 level Townhouse w/2 BR/2.5BA, Hdwds, granite, private fenced patio, pool, tennis, and walking distance to chic Shirlington. For details call:

Christina Wood 202-714-9822

Long and Foster 703-522-0500

ARLINGTON

1336 Ode St., Unit 13. Totally renovated & gorgeous. 1BR/1BA. New windows, trim, kit, fabulous! Jane 571-228-5656. http://www.realvirginiahomes.com

Weichert, Realtors

Arlington/Ballston Metro **$559,000**

Built in 2004 - 1188 sq.ft 2BR/2BA w/Parking

'The Continental' 851 N.Glebe#917. FireP/Balcony. BusinessCntr. Pool. Gym. Theatre. 703.402.5446

CONGRESS HGTS **450 CONDON TER SE**

Lux 2BR condos, $180's; Lux 1BR, $150's

Hdwd flrs, grnte, ss appls, w/d, marble, recess lgt, balc, sec prkg. OPEN SAT JUNE 17th 1-4pm. Wy or Nate 202-547-5600 RE/MAX ALLEGIANCE

DC **$359,000**

SELLER IS VERY MOTIVATED!

Weichert Realtors: FREE CONDO FEES FOR ONE YEAR! Great views and plenty of sunlight! Separate dining room for entertaining, new floors, tons of closet space, 24-hour desk, rooftop pool & deck, and on-site management! Very convenient location and near Metro, shopping, and ample parking. 1420 N St. NW #812. Open House Sunday 1:00 PM - 4:00 PM. **Weichert, Realtors.** Please call Brian Streaty (202) 256-3885 or Tatyana 'Tanya' Judd (202) 288-5010. E-mail brianstreaty@mris.com

DC **$359,000**

SELLER IS VERY VERY MOTIVATED!

Weichert Realtors: FREE CONDO FEES FOR ONE YEAR! Great views and plenty of sunlight! Separate dining room for entertaining, new floors, tons of closet space, 24-hour desk, rooftop pool & deck, and on-site management! Very convenient location and near metro, shopping, and ample parking. 1420 N St. NW #812. Open House Sunday 1:00 PM - 4:00 PM. Weichert Realtors. Please call Brian Streaty (202) 256-3885 or e-mail brianstreaty@mris.com

DUPONT CIRCLE **$575K**

Fabulous 1-BR unit. Newly renov., kitchen appls., hwd flrs, fantastic light & view, pool, fitness rm, & more. Call David 301-434-8900 X336 Long & Foster

FALLS CHURCH

SHORT WALK TO METRO!

Like new 1 Bedrooms in Wilton House & Point at Jefferson Park From $329,000

MARION CLOUD **703-314-7033**

RE/MAX ALLEGIANCE

FREDERICKSBURG/ORANGE **$129,000**

2 BR CONDOS (NO MONEY DOWN)

Payments as low as $600.

Karen Rollings 301-774-0377 Re/Max

LoganCircle/MetroCenter **$479,900**

NEWLY BUILT-1075 sq.ft - 2 Bedroom

'Quincy Court Condo' 1117 10th St#411. Walk to New Convention Cntr & 2 Metros. (703)402-5446

SIL SPG/PARKSIDE **$239,900-$315,000**

Beaut. 1 & 2-BR condos in lux hi rise bldg. w/all the bells & whistles. **Karen Rollings Re/Max 301-924-1414**

HOUSES FOR SALE

14307 Notley Slv Spr **$770,000**

OPEN Sun 6/11 1-5

4,800 sq brk col 4.5 bth hw grnt ss appl inlaw ste 316-207-5520

A FREE DAILY LIST OF HOMES in DC, MD, & VA—for Sale w/Prices, Addresseses & Descriptions. Visit www.Move4FreeRealty.com. Sarah **Santa Ana 703-881-9333**

FAIRFAX REALTY

Aldie **$520,000**

OWNER FINANCING

3%- 5% Down, No credit check, no bank qualifying. New 3BR 3BA, TH w/1 car 703-928-9445

ALEX/Mt Vernon Open Sun 12-5 $699,500

4BR, 3BA SFH, See our website w/slide show. www.forsalebyowner.com Listing #20630303. Buyers/Agents Welcomed. 2%

ALEX/OLD TOWN—Adorable REMOLDED Brick end unit 3BR TH 10 min to DC, 7 mins Metro. Open House Sat 6/17. 1-5PM $450,000 **1001 Bashford Ln Call 703-627-6875.**

Alexandria Kensington Court $650,900

Immac 4 lvl gar TH. 3BR/2.5BA w/all the finishing touches! An energetic walk to Metro Rail for an EZ DC commute!

For details call:

Christina Wood 202-714-9822

Long & Foster 703-522-0500

ALEXANDRIA/OLD TOWN - QUALIFIED OFFER IN THE $600's GETS SERIOUS CONSIDERATION.

FSBO. 2BR, 2BA TH. 506 Tobacco Quay (22314). 703-683-7502. see pixs online

ANACOSTIA AWESOME HOME!—3BR, 2BA! New Kitc! Private Yd! Gleaming HDWD! Under renov! Sir Charles Martin Re/Max 1001-800-456-5301 ID206 See it on www.my1sthouse.com

ANACOSTIA INVESTOR SPECIAL

Super Buy! 3BR, 2BA! End unitd! Needs total rehab! Way below FMV!Sir Charles Martin Re/Max 100 1-800-456-5301 ID205 See it on www.my1sthouse.com

ANACOSTIA INVESTOR SPECIAL—3BR, 2BA! New Kitc! Private Yd! Gleaming HDWD! Under renov!Sir Charles Martin Re/Max 100 1-800-456-5301 ID206 See it on www.my1sthouse.com

ARNOLD—5-BR 2-BA renov. Cape Cod, corner lot, Broadneck schls, $599,900. Trish Billings, O'Brien Realty, 301-672-1197

Baltimore City — 1307 Druid Hill Ave. Single & multi-unit. Excellent area. Wholesale prices. 443-717-2284

BETHESDA/BANNOCKBURN —1/2 acre. Forest setting, existing house, "AS IS". Remodel or build new. $825,000. 301-320-8044

Bowie-Foxlake **$517500**

Open Sunday 1-4

4BR 2.5BA minutes from Metro, Cap Blvd, Beltway. Brick front, 2car garage. MBR, full MBA, 2 walk-ins. New carpet 2nd floor. FR, LR, DR, Eat-in kitchen with island. Large deck. 2216 Arctic Fox. Jolan Baucum, ReMax 301-442-0405. 301-421-1114.

BRANDYWINE— Super TH! 3BR 2FB! 2HB! Fin Bsmt! Move in 13 Days! Seller Pays Close! Sir Charles Martin Re/Max 1001-800-456-5301 ID208 See it on www.my1sthouse.com

BRISTOW— Beautiful brickfront 32' wide attached SFH. Fncd rear yard, built '04, Loaded w/upgrades 4 BR, 2½ BA, 3 fin lvls, 2950 s.f. Priced to sell. $468,000. Contact Erika, 703-440-0586

CAMP SPGS—5BR 3½BA, 1/2 ac. lot. $599,900. Exit 1st Realty, 301-352-2462 Sharon

CAP HGTS —Live in a great white house in the suburbs nr, DC line. 3BR, 1½BA, 4lvl, spac bck yard. Call Denise, 301-922-5173, or 800-999-5853 RE/MAX ONE

CAP HILL/7 18th St SE **$209,000**

Open by appt. 1BR 1BA condo. Instant equity, last one sold in the bldg for $275K. Call Nate Tate, 202-262-8819

CAPITAL HTS—3BR, 2BA, no bsmt $1533/mo. 0 down 301-996-3989

CAROLINA BEACH OCEAN FRONT—3BR, 2BA condo, Must Sell, $550,000. 910-458-4466; 910-540-5523 for details

CHANTILLY/South Riding **$1900/mo.**

LUXURY TOWNHOME

3BR, 2.5BA, Quiet community, lakefront, close to Rt 28 & Toll Rd., W/D. Call 571-215-1346.

CHES. BAY Water Views — 4BR 2½BA. Commty pier, ramp & beach. Below appr @ $499,900. **5501 ilchester St Churchton, MD** Ruth McLean, Assoc. Brkr, Re/Max 100, 301-812-2515; 410-991-2334

CLINTON **$522,000**

NO MONEY DOWN!
SELLER PAYS ALL CLOSING
100% FINANCING AVAILABLE

4BR SF Col. Call 202-439-7349

CLINTON— 4 yr old Colonial, 4BR, 2FBA, 2HBA, Mstr ste, Super Bath w/jacuzzi, w-i closets, formal liv & din rms, gourmet Kitc w/SS appls. Fam rm w/gas Fpl. Hdwd flrs. Fin'd Bsmt w/exerc & theatre rms, deck, 2-car gar. 8604 Deborah St. Call Bethea at 240-462-6456. Century 21/Home Center, 301-552-3000.

COLUMBIA—6117 Tamar dr, 21045. 4BR 2½BA w/fin bsmt, 2 car grg, lrg lot, brk patio, in sought after Village of Long Reach. Hdwd flrs, new crpt, eat-in kit, overlooks lrg back yard, many ammens, cul-de-sac. For more info Tawanda Forrest @ Re/Max Advantage Realty 410-740-1200 410-371-5503 www.homedatabase.com/tawandaforrest Your new home is our best work.

COLUMBIA HGTS **$429,000**

750 MORTON ST. NW

New renovation diamond, must see. Instant equity. S/S appls, granite, hdwds, offst pkg. 3BR, 2½ ba. Contact Cassandra Brown 703 577-4742.

Al Grant Realty Team
Re/max Allegiance 202 256-8592

COLUMBIA HTS **$499K**

1406 PERRY PLACE N.W.

Completely renov 3BR, 1FBA, 2 HBA, semi detatched Colonial w/ new kit cabs, appls., counter tops, hdwd flrs on the main lvl and top flr, CAC to be installed, fully fin wlk-out bsmt with W/D hook-up, covered front porch, 2-lvl rear deck addition and OSP for 1 car in the rear. **Call Aaron Hargrove for more details.**

8-0701
Realty Executives 2000

CULPEPER $419,000 TOWNHOUSE PRICE

4% to selling agent + $5,000 to buyers closing cost. 5BR, 3+2HBA & extras galore. **FritzRealty LLC @ 540-547-2054 or email info@FritzRealtors.com**

DEANWOOD **$299,900**

417 55TH ST. NE

Completely renovated 3-BR 1 full BA, detached Colonial w/new kitchen cabinets, applcs., granite countertops, hdwd flrs on main lvl & top flr, W/D hook-up, CAC and covered front porch on an oversized lot.

Seller will contribute $5000 toward closing.
Call Aaron Hargrove for more details 202-438-0701
Realty Executives 2000

DEANWOOD—Det 3BR, 2BA! Gleaming Hdwd. New Kit! Super Yard! CAC! More! Sir Charles Martin Re/Max 1001-800-456-5301 ID203 See it on www.my1sthouse.com

Deanwood **Investor Special**

Det 3BR, 2BA! As Is! Needws Work. Sir Charles Martin Re/Max 1001-800-456-5301 ID204 See it on www.my1sthouse.com

DIST HTS— Charming 3 BR cape w/front porch, Off=st-prkg & lge fncd yard. $285K

BRANDYWINE— 5 BR, 3 lvl cape w/porch, formal DR & detached 3 car gar on ½ acre. $385K. Realty Executives, 301-952-1995 or Cell-443-404-9179

EASTERN SHORE —Enjoy aprx 80 acres of prv. counrty living, nestled btwn the Cheaspeak Bay & the Atlantic Ocean, on VA's Eastern Shore. Build your dream home overlooking the existing huge bass pond, abundent wild life. PS bring on the horses. $1.7M 1-888-474-7112

EASTON & ST. MICHAELS (between)

Charming guesthouse for rent on riverfront farm. 2-BR, 1.5-BA. Public boat ramp. 410-822-3079

ECKINGTON **$539,000**

227 T ST. NE

Completely renovated 6BR, 4½BA, semi detached Victorian w/front porch, fin'd bsmt (can be used as in-law suite), new kitc w/granite top, SS appls, new oak cabinets, hdwd flrs throughout, & exposed brk walls. **Call Aaron Hargrove at 202-438-0701 for more details.**

Realty Executives 2000

FAIRFAX/OAK HILL **$820,000**

Colonial brk frt, 3 lvl, 4-5BR, MBR, 3½BA, full fin'd w-o bsmt, 2-car gar, 14,000 sf lot, beaut lndscpg. Mr. Le, Broker, SIR, 703-200-6068

FALLS CHURCH **$634,500**

BEST PRICE/GREAT CONDITION!

4BR/2BA move-in w/many upgrades. Mins to Metro. Call Kit Britton, Re/Max Allegiance 703-585-7227

FALLS CHURCH -$459,900 — Charming 2BR, 1BA in sought-after Belvedere ngbrhd, excel commuter loc. Walk to shpg/mins to Pentagon & dntn DC. 571-722-7183. Keller Williams Realty

FALLS CHURCH **$469,900**

ALL NEW INSIDE!

Rambler/Excellent condition. All new kitchen and bath, many other upgrades.

Call Kit Britton, Re/Max Allegiance
703-585-7227.

FALLS CHURCH CITY300-2500 sq ft, Nice settings, Nice Landlord. Conv Tysons/I-66. **703-356-8800**

FFX/N SPRGFLD—SFH, 4BR 3FBA, new AC '06, fresh pnt & crpt, snrm, sndeck, bsmt wk/out, $529k. Nr 495 exit.Jobin Realty 703-628-3217

FORECLOSURE SOLUTIONS—Relieve Debt; Avoid Foreclosure

www.SOSforeclosure.com
410-258-5621

FORECLOSURES!— ARLINGTON, FAIRFAX, LOUDOUN & PRINCE WILLIAM COUNTIESWE FINANCE!Equal Opportunity Lender Rick FFX Realty 703-**385-RICK** (7425)

Ft. Dupont-— Excel home! Move-In-Cond! New kit! New bath! More! Seller pays closing! Move in 13 Days!Sir Charles Martin Re/Max 100 1-800-456-5301 ID200 See: www.my1sthouse.com

FT WASH—Beautiful 6BR SFH in sought after Tantallon Hills. In-law suite, 2 Fpls, lge Deck that extends from Family room to Kitchen. Re/Max Specialist.-240-765-1300 or 301-768-3133

Ft. Wash—Super 3BR, 2BA! Det 3 lvl split! Gar Fin Bsmt Frpl! Nice Yard! Seller pays closing! Move in 13 Days!Sir Charles Martin Re/Max 1001-800-456-5301 ID207 See it on www.my1sthouse.com

FT WASHINGTON—$9,000 IN CLOSING HELP WITH SPECIAL PROGRAM.3BR/1BA brk SFH w/ hdwd flrs. $323,900. OPEN SUN 1-5pm **Call Josue, 301-237-7427.**

HARTWOOD **$290,000**

ATTENTION HORSE LOVERS!

Buy this house w/$500. 5BR 3BA, 2600 sf on 5 ac, pond. Clsg cst paid, trouble credit OK. Call Scott Phillips ReMax Allegiance 540-226-0492

Hillcrest-Det 3BR, 2BA Gar, fin bsmt, frpl, Corner Lot! Move FAST! Sir Charles Martin Re/Max 100 1-800-456-5301 ID202 See it on www.my1sthouse.com

HYATTSV. W. Open Sunday 1-4 $384,900

67 Conley Rd. Remod. col., 3-BR 1½-BA, lg lot, fam. rm., carport, must see! Call 443-827-7766

HYATTSVILLE -$250,000 — 3BR, 1FBA, 2HBA TH, W/BSMT, end unit & brick frt, MBA w/whirlpool tub, deck, hdwd flrs, fpl. **Victoria Carmon Brown. Exit Premiere Realty. 202-438-8785, O/301-560-6700**

Hyattsville— 3 Br, 2 FBA end unit. Very clean, $2000 Seller credit. $245K. Call Edward Cunningham, Exit Premier Realty. 301-669-0063 or 301-560-6700

HYATTSVILLE/Takoma Park—built out already done on nice size ofcs **w/lots of free pkg,** rght on New Hamp Ave, ½ mi from DC, metro stops at door w/subway 10 mins away. Call Leslie Holmes M-F 301-270-4400; lholmes@blakereal.com

Lake Ridge/Dale City—Office suite available immediatly. Great location.$17 sq. ft. (804)921-5071

LET ME PUT YOU INTO A HOME WITHIN 30-60 DAYS. Call Janice Hiligh,
Fairfax Realty, Inc.
301-439-9500 x578 or 301-704-0671

LORTON **$459,000**

1/2 ac. Desirable quiet Gunston Heights neighborhood. 3-BR 1-BA house, as is w/county sewer & water. 703-255-2918

LOUISA **$399,900**

PRIVATE SPACIOUS UNIQUE!

LOVELY LOG HOME 4B/2.5B

- ON 4.61 ACRES with POOL
- VISIT WEBSITE AT: www.
- centralvirginiahome.com

540-967-9263

Marshall Hghts **$228,500**

"Hot, Fast-Growing Area"

Semi-detach brk 2BR w/lg. add, 2 pvt pkg spaces, Central A/C. SHOWS EXCEPTIONALLY WELL!!

Tiffany Stone 301-440-8818 Fairfax Realty

MYRTLE BEACH PROPERTIES

NEW HOMES $140K/UP

3 & 4BR+GARAGE. Nr. beach. **For sale/lease to own.**

NEW CONDOS, 2+2, $120K/up. Nr beach.

RE/MAX 843-997-8802

NE—2411 17th St. SFH 3BR, 2FBA, 2HBA, hrwds, fpl, fin bsmt, eat in kit, MBR ste w/ skylight, pot lights, jacuzzi tub. Gar, lg raised deck. Built '99. Nr Metro. FSBO 202-288-4377. $625,000 agent 3%.

NE/NEAR CAP HILL-GALLAUDET —

Updated 3BR, 2½BA, new windows, flrs, freshly painted. $300K+. **Call David 301-434-9490 x336. Long & Foster**

No. VA Builder Summer Blow Out!—If You Are Ready...We Are! We are not waiting for the market to change! We are changing the market! With 580-credit score get 100% on new luxury & affordable homes which some have been reduced as much as $100k. Prices range from $299k - $699k! Motivated Builder! If You Are Looking For A New Home Call Today! RE/MAX Absolute 800-849-4882 x 221

NW/BRIGHTWOOD—$479K. Gorgeous remod. end TH, flagstone, 4BR/2BA, hwd, granite, in-law suite, OSP. RWRE 301-270-3333

OCEAN CITY—50 condos avail now. $140K-$200K Call Frank K. @ RE/MAX 240-271-5552 or 410-520-8153

OLNEY—Great Investment Opportunity, Cash Buyer needed for property in newly re-zoned Town Center, 6.5 M bottom line, 60 day closing maximum. Serious principle only please, 301-792-4009.

ORLANDO, FL—Disney area stay, 7 days 6 nights. Paid $600 sell $199. Good for one yr 804-204-5360

ROCKV—Busy intersect No Food & Tobacco, $2750/mo. 240-355-3557

ROCKVILLE/Flower Valley $710,000—Stunning Brick Colo. 5 BR on 2nd flr. 2 lvl deck, hdwd flrs, circular drive, 2 car gar, 2 gas frpls, gas grill, 1st flr laun, fin bsmt. 1 blk to schl. Ownr/Agt 301-929-1128

SE —4BR, 2.5BA End Unit TH. Fin Bsmt! Will convey in Move-In Cond! Seller pays closing! Move in 13 Days! Sir Charles Martin Re/Max 100-www.-my1sthouse.com-1-800-456-5301 ID201

S.E. INVESTOR SPECIAL

Awesome 4 Unit Bldg, 2-1BR & 2BR Plus 70+ multi-fam props in DC! Sir Charles Martin Re/Max 100 1-800-456-5301 ID250 See: www.scmcommercial.com

S.E. MARSHALL HTS—Lovely 4BR, 2BA 0 down, $1845/mo. 301-996-3989

SHENANDOAH VALLEY FSBO $510,000

3BR ranch w/ lge cvrd deck & hot tub. 7ac., nicely fncd w/ horse barn & orchard. Chuck, 540-270-0242

SIL SPG **$411,000**

3-BR 3 full BA, ownership is unrestricted, requires only 1 member of household to be 62 or older, villa style TH, 1st flr MBR, and beaut. loft overlooking 2-story foyer. **Wendy Re/Max 240-832-0457**

SIL SPG **$498,500**

Nice Cape Cod w/4BR 2BA. full fin bsmt. new crpt/paint/applin. In excel cond. **Call Dan, 240-678-6279, RE/MAX 2000, 301-592-0200**

SIL SPG OPEN 1-4 $479,000

505 EAST SCHUYLER RD

Totally delightful 4BR, 2 BA, new kit. & BA's, formal DR, hdwd flrs, new windows, fin. bsmt., corner lot.

Al Grant Realty Team
Re/max Allegiance 202 256-8592

SILVER SPRING **BELOW MARKET**

3BR SFD Colonial. Dan Krell, Realtor, Fairfax Rlty Inc (Dir)301-529-8475 (O)301-881-9800

Equal Housing Opportunity

SilverSpringHomeSearch.com
Daily Listings by Email

SILVER SPRING—Newly renovated GranDesign Building in downtown area, near Metro. 1200 to 4000 SF Ofc Space. Up to 6000 sf of finished space on 3rd fl. Ready for Immed Occupancy. Call Leslie 301-608-8198 x211.

Silver Spring **$519,900**

OPEN SUNDAY 1 to 4

5 bed, 2 baths, recently renovated and painted. Corner lot. Great condition. Miguel Lazo (202)498-0034

SPGFLD—XL 5-BR 2-BA Totally remod. top-to-bottom. Custom kit. incl. granite, s/s appls, ceramic tile, custom cabinets. Customized BA's, hwds, lg fncd yrd. $539,900. Steve, C-21 Trademark 703-303-3452

SPRINGFIELD **$499,000**

SFH 3BR WITH GARAGE.

CALL OWNER 703-8229730, OBO

STERLING—2 lvl end unit TH, 3BR, 2BA, FSBO, needs work, $314,900. 703-906-7509

STOCKS STILL LOW

Invest in the booming Atlanta mkt. Buy investment properties and sell with 60 days for a quick profit. $5k min inv. 25% return w/n 60 days. Not an IPO-IRA's Welcome

Serious inquiries only.

www.pinnacledevpartners.com
866-871-3226

TEMPLE HILLS..... METRO DEVELOPMENT

Super development opportunity. Next to Metro. Owner financing available. Big Bucks Opportunity! Sir Charles Martin Re/Max 100 1-800-456-5301 ID251 See: www.scmcommercial.com

TEMPLE HILLS— TH, 3BR, 2½BA, $250,000. Brickfrt. Shows well. Call Edward Cunningham, Exit Premier Realty. 301-669-0063 or 301-560-6700

UPPER MALRB—Beautiful 2yr old 5BR colo w/2 car grg, super BA, fin bsmt, huge eat-in kit, sun filled fam rm. Mid $500's Ask for Phil 301-203-3407

UPPER MARLBORO:—Super TH! 3BR 2FB! 2HB! Fin Bsmt! Move in 13 Days! Seller Pays Close! Sir Charles Martin Re/Max 100- 1-800-456-5301 ID208See it on www.my1sthouse.com

UPPER MARLBORO

Super TH! 3BR 2FB! 2HB! Fin Bsmt! Move in 13 Days! Seller Pays Close! Sir Charles Martin Re/Max 100 1-800-456-5301 ID208 See it on www.my1sthouse.com

VIENNA $654,900 - COMPLETELY REMODELLED

4+BR, 3FB, 2 car gar., all new kit & bthrms. Sell by owner. Call 703-405-1750 or 703-571-6652

WALDORF

RENT TO OWN

Beautiful colonial 4 BR, 2.5 BA, Owner financing avail. Call 240-213-0213

WE BUY HOUSES

ANY PRICE OR COND

Do You Need To Sell Quickly?
WE BUY HOUSES FAST

All cash, no contingencies, no commission, no fees You Save $. Buying in Maryland, DC & Virginia.

Brian, Re/Max 2000, 301-996-9695
www.listorbuyhomes.com.
Brian@listorbuyhomes.com

Woodbridge/Belmont Bay **$425,000**

BEST BUY IN BELMONT BAY!!

WALK TO VRE!!Stately Brick front TH w/3 BR, 2 1/2 BA & 3 fin. lv. Upgraded kit.,Lux bath,patio, deck, garage! Lots of upgrades. Don't miss this deal!! Call Julia @703-937-0360RE/MAX XecutexDir: Fr Rt. 123,R Rt. 1, L Dawson Beach,L Express,R Herons Run,L Chatsford to13399.

WOODBRIDGE—Lg 3 fin. lvls, 4-BR 2½-BA, hwd flrs, upgraded appls., on cul-de-sac, closing cost paid, troubled credit OK, 100% financing. Shows great! $385,000. Call Mohammad Yousofi (speaking 6 languages), 571-277-4446 Re/Max Allegiance

WOODBRIDGE—No bank qualifying. No credit application. Gorgeous house nr Quantico Marine Base. Call Ruby, 571-432-6717.

WOODBRIDGE/WESTRIDGE—3-lvl TH, 3 lg BR's, 2½-BA, fpl, sep. fam. rm., many upgrades, new carpet & paint, $334,900. 703-497-3722

LOTS & ACREAGE

20+ acres - $134,900 w/ private, deeded river access. Enjoy over 1,000 ft. of seasonal stream. Only one! Long term financing avail. 1-800-888-1262

20+ acres & larger parcels. Deeded river access. 3 state views, hardwoods. Mins to town & interstate. 2 hrs DC Beltway. Ready to enjoy for recreation or build. **LandinWV.com**

For Sale by Owner. 20+ acres for $189,900. This parcel has large oaks w/ untouchable 50 mile mtn views! Also, has private river access for fishing & canoeing. Exc. Financing. Call (304)262-2770

GRAND OPENING

NC Deep Waterfront

New upscale gated waterfront community in prime yet secluded coastal location right off scenic Hwy 17 w/ easy 1-95 access. Enjoy full service marina w/ boat slips & boat ramp along w/ white sand beach! Paved roads, water, sewer, more. Excellent financing. Must see! Call now 1-800-732-6601, x.1553 Charles Watkeys, BIC

Top of the World! 20+ acres - $279,900. Best mtn views available anywhere! Very usable with private river access! Low-rate financing. Nothing else compares! Call 1-800-888-1262

WeekendPass makes the weekend artful.
Every Thursday in Express.
X1431 1x.5

Classifieds

REAL ESTATE SERVICES

ARE YOU TIRED OF RENTING? Do you want to own? Bankruptcies, liens, judgements, foreclosures, we can help. **Call Berna Able at RE/MAX Allegiance 703-649-0939**

ATLANTA RELOCATING—Let me help you find the Perfect Home. Call 770-895-2316 Keller Wiliams

READY TO SELL?—Our investors pay Cash for homes. **Karen Rollings, Re/Max, 301-924-1414**

REFINANCE OR PURCHASE TODAY-50YR MORTGAGE AVAILABLE

ALL CREDIT TYPES ACCEPTED

Interest only, cash out, consolidate debt & 100% financing.
PROGRAMS, PROGRAMS, PROGRAMS!
Call SHEA 240-213-0213

WE DO REFI LOANS NO ONE ELSE CAN
We accept scores below 500 and do unique deals. All situations considered for residential real estate refinancing w/equity. We save homes from foreclosure, bankruptcies & payoff high debt.
Call 240-314-0319.

COMMERCIAL REAL ESTATE

1717 K St, NW.—Office Intelligently: On demand offices, phone, mail, Internet, incubator, other svcs. Plans $45-$200/mo. Call OSI, **202-508-3896 to learn more.**

NW/DOWNTOWN—Warehouse office, 3000 sq ft, overhead door, conv. Convention Center, subway, ideal ops center/courier, delivery, service provider. **202-289-4909**

WHEELS

ACURA '98 RL 3.5—Black, 130K miles, pristine condition, $8,995. 703-944-7465

ACURA '93 LEGEND — Automatic, All Power, looks and runs great, all leather 200k, $3,500. 703-754-7841

BMW '04 325i—Auto, 39k mi, Metallic Blue, Premium Package, Remaining Full Maint. Warranty, $27900, 540-434-0917

BMW '99 M3—5 spd, 86k mi, Titanium Silver, excel cond, $15500, Paul, 301-379-0586

BOX TRUCKS—3 Ford dsls, 14,000 GVW, 26,000 GVW. Robert Walburn 800-348-5290

BUICK '96 Park Avenue Ultra—Auto, 120k mi, Gray, AM/FM, Cassette, Insp, AC, PW/PDL, PS, ABS, Cruise, Tilt, $3900, 703-250-6846

CHEVY '05 2500HD—14K mi, white, myers remote-plow,$24,999, CAll¬¬410-320-5209

CHEVY '87 BLAZER —Auto, cold a/c, runs grt, $875, 202-744-7187.

CHRYS '05 Sebring—Auto, 12k mi, linen gold, AM/FM, CD, Insp, AC, PW/PDL, PS, Alloys, Cruise, Tilt, $18000, 202-468-5129

FORD '01 Mustang Cobra—5 spd, 39k mi, White, AM/FM, CD, Insp, AC, PW/PDL, PS, ABS, Alloys, Cruise, Tilt, $17,500. 410-610-5984

FORD '00 Windstar—Auto, 74,500 mi, green, AM/FM, Cassette, CD, AC, PW/PDL, PS, ABS, Alloys, Cruise, Tilt, $6000. 202-438-1354

FORD '95 CONTOUR—4 door, automatic, 72k mi, all power, air bags, AC, cassette, good condition. $2600 OBO 301-459-1094

FORD '94 Explorer—Auto, 59k mi, White, AM/FM, Cassette, Insp, AC, PW/PDL, PS, ABS, Cruise, Tilt, $3200, 202-306-0238, red interior

GMC '03 Envoy XL SLE—Auto, 26k mi, Carbon Metllic, AM/FM, CD, Insp, AC, PS, PW/PDL, ABS, Cruise, Tilt, $19200.00, 703-606-6012

HONDA '98 PASSPORT EX—4 WD, MD insp, recent major maintenance, clean. $6000/obo 410-610-3063

INFINITI '04 G35—Coupe, Auto, 42k mi, Black, CD, $8400, 713-786-9705, bho4u@hotmail.com

LEXUS '99 GS400— Int. looks new, Slvr, 79.7k mi, Nav syst, sprt pckg, 17' wheels, Nakamichi audio, a/c, pwr everything. $15,995. $5,200 3 pc. whls can be incl for $18,995. Call Ed 240-838-9425.

LEXUS '96 ES300—A/C, stereo, cd chgr, snrf, 4Dr, all pwr, loaded. 191K mi, excl cond. Md insp. $4800/OBO 301-231-7906

LINC '97 TOWN CAR — Signature series, excellent condition, loaded, MD insp. Asking $5500/obo. Call 410-903-5641.

MERCEDES-BENZ '02 C-Class—Auto, 40k mi, Silver, AM/FM, Cassette, CD, Insp, Snrf, AC, PW/PDL, PS, ABS, Cruise, Tilt, $20000, 202-550-8659

MOTORCYCLE— Not in use or taking up space? Writer going on cross country trek. Luggage rack a plus. 703-201-0885.

NISSAN '96 MAXIMA—Auto, 4Dr, lthr, spoiler, a/c, Metallic Green, very clean 103K $4975 301-440-7035

TOYOTA '04 Prius—Auto, 50k mi, Burgundy, CD, Insp, AC, PW/PDL, PS, ABS, Alloys, Cruise, Tilt, $18210, 301-573-1578

TOYOTA '98 CAMRY—CD, alloy rims, all pwr, auto, dark blue, very clean, 163K mi, $4500 240-491-8862

VW '04 Passat—18k mi, blue, CD+ stero, alarm, Mnrf, AC, PW/PDL, PS, ABS, Alloys, Cruise, Tilt, auto-manual trns. 4 motion. $20950, 509-210-2318

71 WANTED
100 GOOD PEOPLE WITH BAD CREDIT
• None Established • Bankruptcies • Judgments
• Charge Offs • Repossessions • Tax Liens
New Test Program For Automobile Financing Special Allocation of Funds
NEED A CAR – CALL NOW
Call Mr. Samuals Today • Toll Free 888-241-2121
Laurel Kia Used Cars & Trucks
G0435261.0r

BOATS AND AVIATION

INFLATABLE—Seaworthy. 11' long, 18' tube, wood floor, electric motor, accessories, trailer, used 4 times, like new. $1,900.00 703-623-6008

SEARAY '01 245 WKNDR—24ft with trailer, low hrs, excel cond. $28,500. 703-919-4412

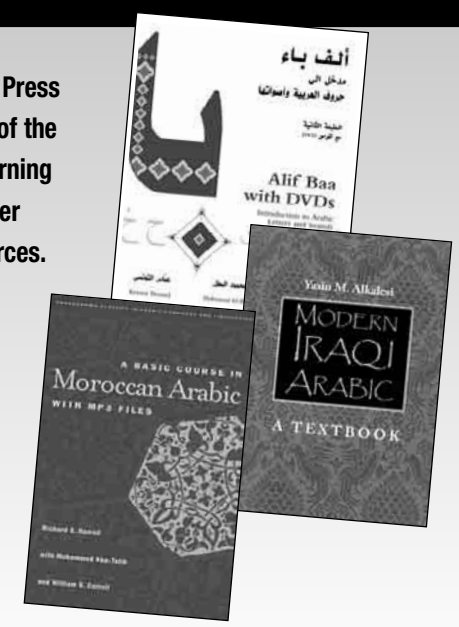
SUZUKI GSXR 1000 '05—great cond never dropped ¬¬black and red runs like new¬¬low miles worth every penny best buy you will find $9200, 202-409-6248

Get fit
Tuesdays in Express
A weekly section about how to look and feel and be your best.
express
A publication of The Washington Post
XX142c 1x1.75

Get fit
Tuesdays in Express
XX142 1x.5

Get fit
Tuesdays in Express
A weekly section about how to look and feel and be your best.
express
A publication of The Washington Post
fit is... health | fitness | nutrition | grooming | beauty | fashion | relationships | and much more
XX142 2x4

99¢ SUNDAYS
Get 20 weeks of Sunday-only home delivery for just 99¢ per week!
HURRY!
OFFER EXPIRES 6/18/06
1-800-873-1097, Ext. 901
or visit
www.washingtonpost.com/subscribe
Restrictions may apply.
NE S196 1x12
The Washington Post

LEARN ARABIC AT YOUR OWN PACE
Georgetown University Press is the proud publisher of the Al-Kitaab language learning program and many other Arabic language resources.
• DICTIONARIES
• REFERENCE GRAMMARS
• MULTIMEDIA
• TEXTBOOKS


Learn more at www.press.georgetown.edu/special
GEORGETOWN UNIVERSITY PRESS
Available at your local bookstore or order online at www.press.georgetown.edu

AMERICAN UNIVERSITY
KOGOD SCHOOL OF BUSINESS

Global Perspective • Blending Theory with Practice • Washington, DC
Integrating Cross-Disciplinary Opportunities • A Personal Touch
Is Your Career on Track?
Apply today, or join us for an information session.
MBA Information Session
Tuesday, June 13
Tuesday, July 18
6 - 8 p.m.
MS in Accounting Information Session
Thursday, June 15
6 - 8 p.m.
Free parking or take Metro to AU/Tenleytown and the AU shuttle to main campus
Currently accepting applications for Fall 2006 advanced degree programs.
RSVP Today
Call 202-885-1913
Email kogodgrad@american.edu
Visit kogod.american.edu/grad
Kogod SCHOOL OF BUSINESS
4400 Massachusetts Avenue, NW
Washington, D.C. 20016
EO/AA University and Employer
Celebrating 50 years of providing business education in the nation's capital.

Look out

TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

INSIDE

Emerging designer gets a big win | 35

Blog Log: Getting smug about sailing safety | 36

Stripe Suit: Hey, that's my image, Jack | 38

Fear

Forget Halloween, haunted houses are big business all year

ED ANDRIESKI/AP

SAY BOO: These aren't your father's haunted houses anymore, as the industry has turned into a big risk, big reward business by trying to lure visitors all year round.

Scare Tactics

A few years ago, Lynton Harris sank $2 million into a Washington, D.C., haunted house that included a room themed "Escape From the Pentagon."

Two weeks before opening night, terrorists attacked the Pentagon and the World Trade Center. The room was suddenly out of place, and no one was in a mood to hear the words "terror" and "terrifying." The entire 65,000-square-foot Extreme Scream Park was scrapped. Harris' Sudden Impact Entertainment Co. took a financial beating. He tried again the next year, and a wave of sniper shootings around Washington crushed him again.

In the business of haunted attractions, it isn't just the visitors who have to expect the unexpected.

Three decades after the haunted house industry established itself, the business is seeing some dramatic changes. The charity haunts pioneered by the Jaycees and other groups with homemade effects are out. For-profit, big-budget haunts stocked with digital effects and animatronics are in. And as promoters cater to a generation that grew up with ultra-realistic video games and films, they are drawing electronics firms and engineers into what once was a niche industry.

Leonard Pickel, publisher of Haunted Attraction magazine, estimates haunted houses nationwide generate $300 million every year.

For a professional haunt, even small operators can spend more than $100,000. They can also lose that much. But the rewards, too, can be significant, with as many as 15,000 people filing through in a season, paying on average $10 to $13 each.

"Somebody drives by a house on Halloween night and sees a line wrapped around the building, he multiplies that by ticket prices and how many days there are in October, and he thinks this guy's making a fortune," Pickel said. "You have to know what you're doing or you're going to get burned.

"People ask me how much it costs to run a haunted house. I tell them every penny that you can lay your hands on, and then some."

Real estate has become a big factor. Rising property values have meant fewer vacant buildings, and fewer landlords will lease a large building for just 30 days.

Harris said the lessons of 2001 and 2002 made him stop depending on Halloween, and drove his company into year-round haunted ventures that can sustain the occasional bump.

The difficulties don't stop newcomers from trying, keeping the number of haunts relatively steady from year to year. The details, however, have changed. Forget bedsheet ghosts, peeled-grape "eyeballs" and cold spaghetti "intestines" — haunters want the latest in 21st century things that go bump in the night.

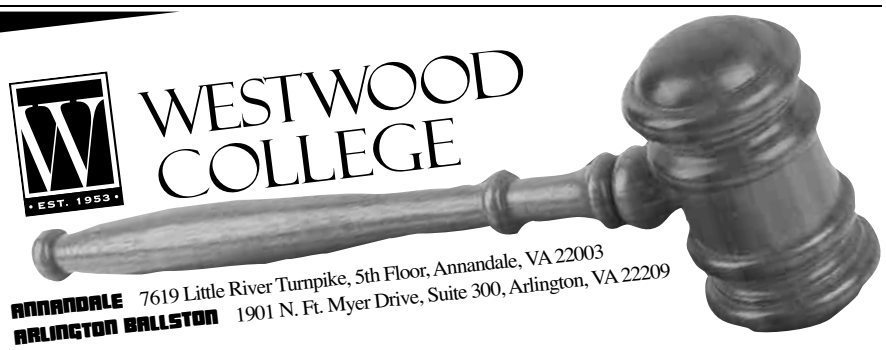
"What's happening here is we're bringing Disney down to the home level," said Robert Van Deest, an engineer at Blue Point Engineering Inc., a Colorado-based robotics company that uses computers to synchronize sound, light and movement.

Like Blue Point, which has found a new market in the scare business, Parallax Inc. of Rocklin, Calif., didn't set out to make Halloween props. The robotics company made components and circuitry for industrial companies, engineer John Barrowman said.

"A year ago, we were walking through a show just like this," Barrowman said at a Hauntcon display booth complete with a talking, robotic deer head named Buck. "We said, 'We can do this.' It's added a whole new division to our company." CHASE SQUIRES (AP)

FIND YOUR CALLING
WITH TRAINING IN CRIMINAL JUSTICE
1-866-811-6459
WWW.WESTWOOD.EDU

WESTWOOD COLLEGE
EST. 1953



ANNANDALE 7619 Little River Turnpike, 5th Floor, Annandale, VA 22003
ARLINGTON BALLSTON 1901 N. Ft. Myer Drive, Suite 300, Arlington, VA 22209

Accredited by the Accrediting Commission of Career Schools and Colleges of Technology (ACCSCT).
Westwood College - Annandale Satellite (Annandale, VA) is a satellite campus of Westwood College - Arlington Ballston (Arlington, VA), a branch of Westwood College - Long Beach (Torrance, CA). Both campuses have been certified to operate in Virginia by the State Council of Higher Education for Virginia (SCHEV).

LOOK out

Missed Connections

Technology

Internet providers try to stay relevant in a broadband nation

When Bruce Chatterley assumed the helm of Speakeasy, he wrote "ISP" on a white board and immediately drew a slash across it to emphasize at staff meetings that the company was no longer just an Internet service provider.

Rather, Speakeasy Inc. was to become a "broadband communications company." That meant conceding basic ISP services to cable and phone companies and focusing on higher-cost offerings that appeal primarily to niche markets such as small businesses and power users.

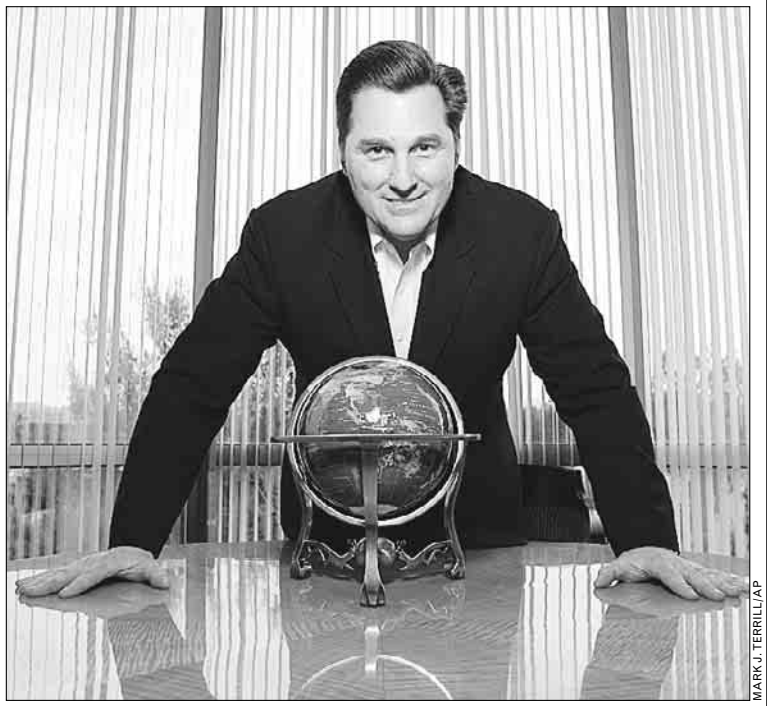
Chatterley has plenty of company nearly three years later as rival ISPs also try to evolve and diversify in the face of growing broadband adoption and intense competition from cable and phone companies that own the high-speed pipes into homes.

> "What we are selling today is by and large a commodity. Fast Internet is fast Internet."
>
> DANE JASPER
> SONIC.NET

"The state of the independent ISPs today is a sad one," said Dane Jasper, president of the California ISP Association and chief executive of Sonic.net. "What we are selling today is by and large a commodity. Fast Internet is fast Internet."

Originally the mainstay of most ISPs, dial-up access remains profitable, largely because costs have mostly been paid off already, said David McClure, head of the U.S. Internet Industry Association. But near the end of any life cycle, he said, "you have to reinvent yourself with an entirely new product or simply let it die."

At AOL, for instance, subscriptions generated $1.5 billion in the first quarter of 2006, contributing to the unit's profits of $269 million. But that's still a 13 percent drop in subscription revenue from the same period last year.



MARK J. TERRILL/AP

United Online CEO Mark Goldston faces a tough task competing with broadband.

So the company has strengthened its free Web and e-mail offerings to boost advertising.

EarthLink Inc. has expanded into voice and wireless, while United Online Inc., Mark Goldston's company behind NetZero and Juno, bought properties like United Airlines' MyPoints loyalty program, which issues gift cards to leading stores as rewards for buying goods or participating in marketing programs.

Today, even the national ISPs are struggling as more Americans abandon dial-up. According to the Pew Internet and American Life Project, 62 percent of U.S. Internet users have broadband at home, compared with 21 percent just four years ago.

Regulatory and court rulings have made it more difficult for stand-alone ISPs to gain access to the cable and phone lines. Some ISPs make deals to resell service, but costs can be high — even as phone companies lower what they themselves charge their own customers to compete with cable.

In fact, EarthLink is trying to enter telecommunications businesses in response.

EarthLink formed a joint venture with South Korea's SK Telecom to launch a mobile service in the United States last month, and it launched in December an Internet-based home phone service in four markets to replace traditional local and long-distance plans.

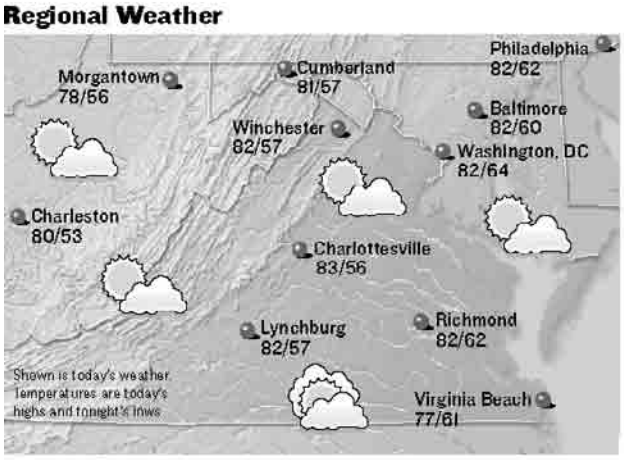
"No longer are you able to collect a premium for just connecting people" to the Internet, said Mike Lunsford, the company's executive vice president for access and voice.

ANICK JESDANUN (AP)

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Mostly sunny	Partly cloudy	Partly sunny, a thunderstorm	Partly sunny	Mostly sunny	Partly sunny, warm
82°	64°	84° / 64°	81° / 63°	83° / 64°	85° / 69°

Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2006

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	68°
Low	57°
Normal high	83°
Normal low	64°
Average humidity	76%

Precipitation

24 hours ending 4 p.m.	0.39"
Month to date	0.63"
Normal month to date	1.29"
Year to date	11.70"
Last year to date	20.03"
Normal year to date	17.32"

For up-to-the-minute weather, see: washingtonpost.com/weather

Regional Forecast

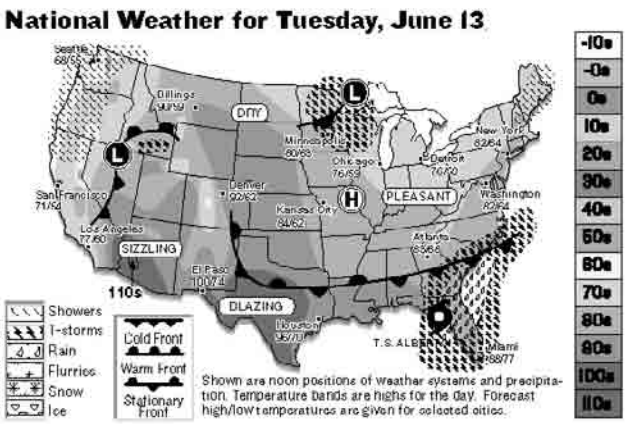
D.C. Metro: Today, mostly sunny. High 82. Wind north 4-8 mph. Tonight, partly cloudy. Low 64. Wind variable 3-6 mph.

Sun and Moon

Sunrise today	5:42 a.m.
Sunset tonight	8:34 p.m.
Moonrise today	10:59 p.m.
Moonset today	7:08 a.m.

Last	New	First	Full
June 18	June 25	July 3	July 10

National Weather for Tuesday, June 13



National Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	83/68/t	90/68/s
Boston	77/61/pc	75/60/pc
Chicago	76/59/pc	78/58/pc
Dallas	98/71/s	95/71/s
Denver	92/62/s	95/60/s
Honolulu	88/74/s	87/76/s
Los Angeles	77/60/pc	77/58/pc
Miami	88/77/t	88/77/t
New York City	82/64/pc	78/64/t
Orlando	95/74/t	92/74/t
Seattle	68/55/t	64/52/pc

World Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Amsterdam	81/59/t	66/46/t
Athens	75/59/sh	77/63/pc
Berlin	86/63/s	79/50/t
Buenos Aires	63/50/c	62/52/pc
Calgary	71/52/t	68/49/pc
Dublin	64/48/pc	66/50/pc
Geneva	84/55/s	83/53/pc
Moscow	70/46/pc	75/50/pc
Rome	79/59/s	79/57/s
Sydney	61/45/s	61/45/s
Tokyo	77/66/pc	78/69/c

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice

Rising Star

Doo-Ri Chung looks ahead to a bright future

Designing People

It's been a week of firsts for up-and-coming designer Doo-Ri Chung, who designs under the label Doo.Ri. Last week, the diminutive New Jersey native won the CFDA's prestigious Swarovski Perry Ellis Award for Emerging Womenswear Designer, and on Wednesday night, Chung presented her first-ever pre-spring collection in an intimate gathering at her fifth floor studio in midtown Manhattan.

Editors and buyers swarmed the brick-walled, wooden floored space to congratulate Chung on her CFDA honor and check out her 10-look Pre-Spring collection — a precursor to her full Spring 2007 line, which will debut in September — while sipping champagne and dishing about the more memorable highlights of last Monday night's awards ceremony.

"I'm still kind of numb to it," a grinning Chung said of her CFDA victory while surrounded by well-wishers and her latest designs, four of which were worn by models, the rest displayed on featureless mannequins. "I don't think I've really processed it because I haven't had much time. It was like, the event, the after party, trying to recover, then preparing for this [presentation], and having this today. I think over the weekend it'll hit me. But right now it hasn't."

What hit guests was the fact that Chung had played to her strengths with the Pre-Spring pieces she chose to show, most of which were short dresses or tunics and all of which were rendered in the signature draped jersey with which the designer first made her name. This time she adorned the simple fabric with delicate ruffles, satin and chiffon over layers, or hand-tied bow details.

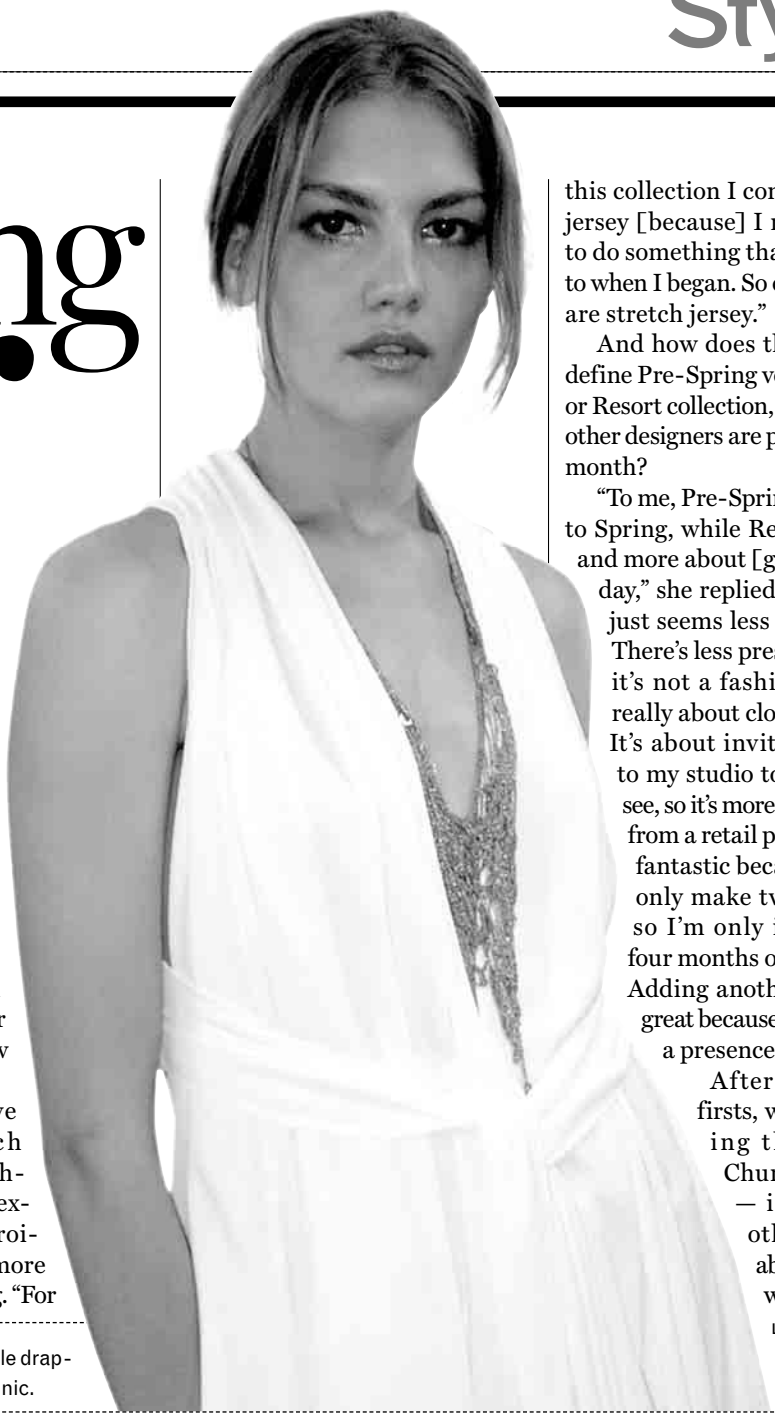
"For spring, I've worked so much more on embellishing and creating texture through embroideries and adding more [layers]," said Chung. "For this collection I concentrated on jersey [because] I really wanted to do something that was similar to when I began. So even the pants are stretch jersey."

And how does the Jersey girl define Pre-Spring versus a Cruise or Resort collection, which is what other designers are presenting this month?

"To me, Pre-Spring is a prelude to Spring, while Resort is bigger and more about [going on] holiday," she replied. "Pre-Spring just seems less intimidating. There's less pressure because it's not a fashion show; it's really about clothes-making. It's about inviting everyone to my studio to have a look-see, so it's more intimate. And from a retail perspective, it's fantastic because I usually only make two deliveries, so I'm only in the stores four months out of the year. Adding another delivery is great because it really keeps a presence."

After her week of firsts, we have a feeling that Doo-Ri Chung's presence — in stores and otherwise — is about to reach a whole new level.

LAUREN DAVID PEDEN (FASHION WIRE DAILY)



Beads and Grecian-style draping dress up a simple tunic.

FASHION WIRE DAILY

THE LOOK OF LUXE: The Doo.Ri line takes stretch jersey, a simple, comfortable fabric, and uses draping, layers and embellishments to make a grown-up collection. Doo-Ri Chung just won the Emerging Womenswear Designer CFDA award.

Beauty

Oooh, Shiny

New from Estee Lauder is **HIGH GLOSS LIP GLOSS** ($16, esteelauder.com), a light, shimmery gloss. Application is a breeze — the tube's tip is small, allowing for more exact adornment. Gloppiness can occur if you pile it on, but isn't a problem normally. There's no pronounced flavor, which is nice in this fruity-saturated world. The color lasted a solid two hours, including through a Diet Coke. Even after the color went away, though, lips were still left soft and felt ultra-conditioned.

KRISTEN PAGE-KIRBY (EXPRESS)

Money

Your Dog Wants Credit

Perhaps your dog or cat has gotten a credit card offer or two. Hopefully, you threw it away before Fluffy could fill it out; however, you can still incorporate your furry friend into your spending with the new **PETREWARDS CARD** (bankofamerica.com/petrewards) from Visa. Cardholders receive one point for every dollar spent and two points for every dollar spent on pet-related purchases in participating vets and pet-centric stores. Building up points gets you stuff, including the opportunity to make a donation to one of more than 1,000 animal shelters across the country. After you sign up, you can customize your card with your pet's picture, so every cashier in town can see how fat your cat is. K.P.K.

Look out Online

from readexpress.com

Taking Noise Across Town

GEORGETOWN | Last week, **FREE RIDE** interviewed two figures in the debate over amplified voices at the corner of H and 8th streets NW: the one who yells (**JAMES HENRY** aka **FURIOUS ZION** of the **ISRAELITE SCHOOL OF UNIVERSAL PRACTICAL KNOWLEDGE**) and one neighbor who wants quiet (**DAVID KLAVITTER** of **QUESTFORQUIET.BLOGSPOT.COM**). Klavitter helped organize a protest on Sunday in **GEORGETOWN** to show the public (and NIMBY Georgetowners) what others have to deal with over in Northeast. It's part of a greater effort to pressure the D.C. Council to fix what they see as a loophole in District noise regulations that allows Henry and ISUPK members to broadcast their amplified message into the streets for four hours most Saturdays.

There was plenty of noise at Sunday's protest in Georgetown, but it didn't spill quite as far into the surrounding neighborhood as we'd expected. But we did see some clearly annoyed patrons at Paolo's restaurant and Billy Martin's Tavern. Maybe bringing the fight to Georgetown will work after all.

MICHAEL GRASS (EXPRESS)

Just for Kicks

Outside the District line, most Americans associate kickball with middle-school gym class — safer and easier than softball or touch football, it's a game that even the most uncoordinated of preteens can play without much risk of injury or embarrassment. Which may be why it's so popular with all the hard-drinking geeks and klutzes of the world who have come to the nation's capital to jump-start their careers.

KICKBALLINTHECITY.BLOGSPOT.COM has tried to dispel the game's frivolous image. Now, blogger **SMASHGFUNK.BLOGSPOT.COM** has perhaps the final word on the true meaning of kickball. Check out her site for an audio-visual montage of the lives of kickballers. M.G.

LINDA DAVIDSON/TWP

The grand vista at St. Elizabeths Hospital in Southeast is an endangered view.

→ Coming up today

With the federal government poised to close off the grand vista of the District at St. Elizabeths Hospital in Southeast, we take a look at some of the other, better views of D.C.

Poll Center

TODAY'S QUESTION

Should the U.S. outlaw the use of lethal injections?

1. Yes
2. No

YESTERDAY'S RESULTS

How closely will you be watching the World Cup?

- 25% Not at all
- 15% I'll watch the highlights
- 27% An occasional game
- 33% All soccer, all the time

CAST YOUR VOTE ON TODAY'S POLL QUESTION AND CHECK OUT LINE-BY-LINE AND STATION-BY-STATION RESULTS FROM YOUR FELLOW METRORAIL COMMUTERS. **READEXPRESS.COM/POLLCENTER.PHP**

The Blog Log

"Granted, the Czech Republic [is] one of the strongest teams in the tournament, but we [had] absolutely no life in us. It's rather embarrassing."

KSTREETBLUES.BLOGSPOT.COM BLOGGED DURING MONDAY'S WORLD CUP MATCH BETWEEN THE U.S. AND THE CZECH REPUBLIC AND ISN'T TOO HAPPY WITH THE AMERICANS' PERFORMANCE.

Britney on Defense

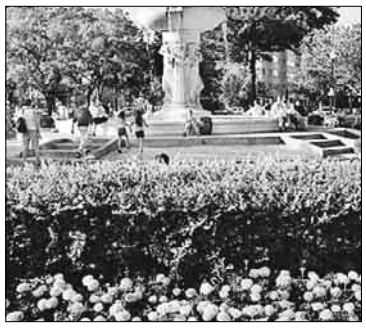
"Poor Britney. She had millions of dollars and still manages to look like a hillbilly who won the lottery. ... I'm really anxious to see how she's going to justify being a good mother despite all the evidence that proves otherwise."

IDONTLIKEYOUINTHATWAY.COM WILL BE WATCHING BRITNEY SPEARS' EXCLUSIVE INTERVIEW WITH NBC'S MATT LAUER ON THURSDAY'S "TODAY" AND "DATELINE NBC."

It's Primary Day in Va.

"It just seems to me that so much of this prognostication is useless [because] it's a long way from November. ... Most people aren't paying a scintilla of attention to [Tuesday's] primary."

A COMMENTER AT **VACONSERVATIVE.COM** ANALYZES VIRGINIA'S U.S. SENATE RACE.



Safety First

"I was sailing in the same vicinity as Mr. Merrill this Saturday. Hell, I probably saw his boat at one time — who knows. But unlike Mr. Merrill, my wife, dogs and I were wearing life jackets (yes, the dogs have their own life jackets. It's very cute)."

LONNIEBRUNER.BLOGSPOT.COM WAS SAILING IN THE SAME CHOPPY CHESAPEAKE WATERS WHERE LOCAL PUBLISHER PHILIP MERRILL APPARENTLY DROWNED.

Hub of the Universe

"... [C]razies flock to Dupont [Circle] like college kids to an open bar. Perhaps it's the laid-back demeanor of this neighborhood — the fountain in the middle ... is a virtual Statue of Liberty beckoning your smelly and borderline senile masses."

SPOKOMPTON90210.BLOGSPOT.COM PROFILES FOUR KINDS OF PEOPLE WHO GRAVITATE TOWARD DUPONT CIRCLE.

DO

ASK A NON-EXPERT A QUESTION. For those who don't remember, Guy Goma is the fellow who thought he was on a job interview when the BBC mistook him for a legal expert and questioned him live on-air. Now, ask Guy your own questions via Guygoma.com; as always, he'll do the best he can to fudge a response.

Live Online | Transportation

Washington Post staff writer **STEVEN GINSBERG** was online Monday to discuss Metro's woes, the ICC and headaches on I-66 at **washingtonpost.com/liveonline.**

Do you think the new head of Metro plans an overhaul of the customer service (and I use that term lightly) system?

I think Dan Tangherlini is committed to changing Metro's image and its customer service. But 10,000 people work in that agency and few fear for their jobs. There is a limited amount that any one person can do. Still, it's a little discouraging to see a continued avalanche of Metro customer service complaints since Tangherlini took over. You'd like to think that the energy and enthusiasm of a new leader would flow through the ranks, but judging on what we see and hear, not much has changed.

Do you think now that the Intercounty Connector has been approved that the Metro rail to BWI will become the next major project in this part of Maryland? If so how many years before it would be complete from start to finish?

Hard to say on that one. Seems like the Purple Line, aka bi-county transit way, has first dibs. HOT lanes on the Beltway are another possibility. It'll also be interesting to see if Maryland has any money left over for new initiatives after sinking so much of its cash into the ICC.

Is there a problem on I-66 other than an insane amount of people trying to drive on it? For the past two weeks it seems traffic has been getting worse every day. Forty minutes to drive less than five miles is totally ridiculous.

You're the second person to tell me this in the last few days. It's possible that work on the Roosevelt Bridge is backing up traffic down the line. But it's also possible that there are just too many cars. That road is trouble at all times.

→ Today on Live Online

11 A.M.: Author Kellina Craig-Henderson discusses her new book, "Black Men in Interracial Relationships."

11 A.M.: Richard P. Allen, Ph.D., takes your questions about sleep disorders and examines sleep cycles and dreaming.

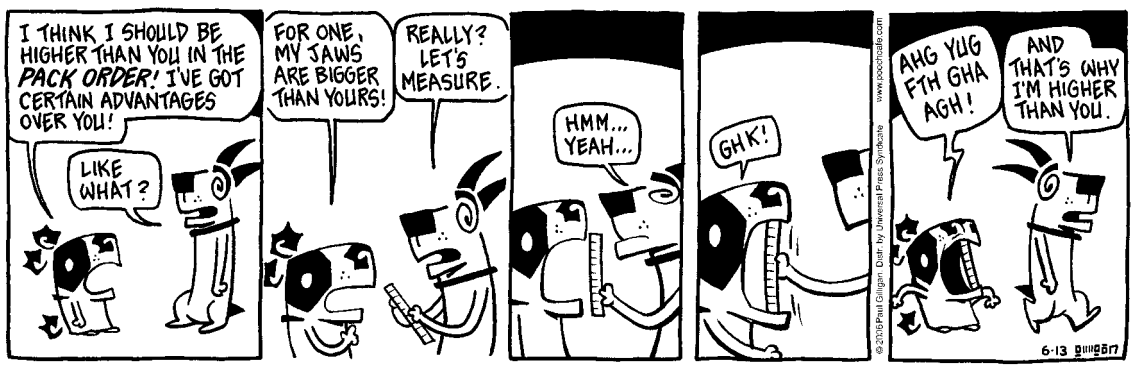
Look out

Bizarro | *Dan Piraro*

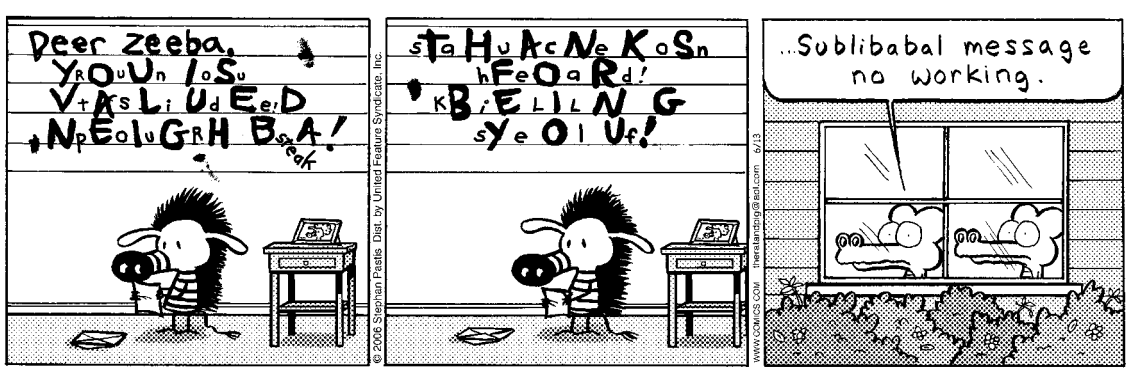
Cornered | *Mike Baldwin*

"Next line."

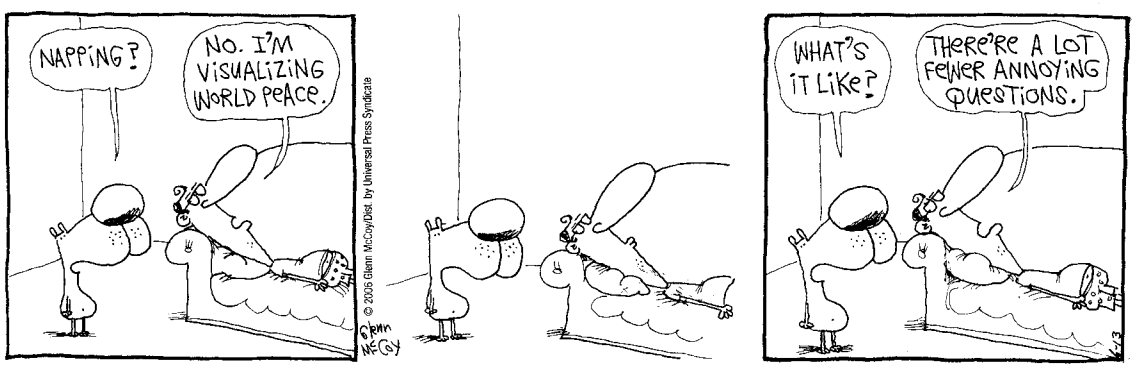
Pooch Cafe | *Paul Gilligan*



Pearls Before Swine | *Stephan Pastis*



The Duplex | *Glenn McCoy*



Horoscope

By Stella Wilder

GEMINI (May 21-June 20) You'll have reason to dress up and look your best on at least two occasions. What others think of your presentation makes all the difference.

CANCER (June 21-July 22) Your attraction to someone or something is likely to increase dramatically before the day is out. Yes, it's time for you to do something about it.

LEO (July 23-Aug. 22) Don't give up or give in; there is no reason why you can't come out on top if you are simply willing to stick it out. Be strong.

VIRGO (Aug. 23-Sept. 22) It may take more time than expected to get things going, but, once you do, the pace is likely to be quick. Avoid distractions at all costs.

LIBRA (Sept. 23-Oct. 22) You can profit from doing someone a favor. In the end, you'll be remembered for your generosity — and make some good money to boot.

SCORPIO (Oct. 23-Nov. 21) You may find that people are gravitating to you all day long — but for the wrong reasons. Someone has sent the wrong message.

SAGITTARIUS (Nov. 22-Dec. 21) You'll have a chance to get ahead in some way, and to look back come day's end and realize that you are, after all, sitting pretty.

CAPRICORN (Dec. 22-Jan. 19) Seize the day. There are numerous opportunities available to you, but they are not likely to last. Don't delay; act now.

AQUARIUS (Jan. 20-Feb. 18) Don't step on anyone else's toes as you strive to accomplish something that can put you on the map.

PISCES (Feb. 19-March 20) Watch yourself when you are journeying over unfamiliar territory. Dangers lurk around every corner, and they may be unusually disguised.

ARIES (March 21-April 19) You'll be under some pressure as a result of unexpected time constraints. Without a doubt, you can come through; concentrate and focus.

TAURUS (April 20-May 20) You'll get a head start and, in the end, you'll be much better off than even your closest competitor. Other Scorpio natives need watching.

Letters

Gay Pride Events Missed

I WAS JUST RE-READING the Weekend Pass from the June 8 Express and looking at the June 9 issue, and there's nothing mentioned about Capital Pride, D.C.'s gay pride celebration. I see that the controversial issue of gay marriage was enough to merit a poll from Express, but not so for a potentially more fun and local story about the weekend's Pride events.

—BRIAN GRAY
Washington, D.C.

Correction:

In the June 8 Weekend Pass, an Eating Around item incorrectly listed the address of Black's Bar and Kitchen. It is located at 7750 Woodmont Ave. in Bethesda.

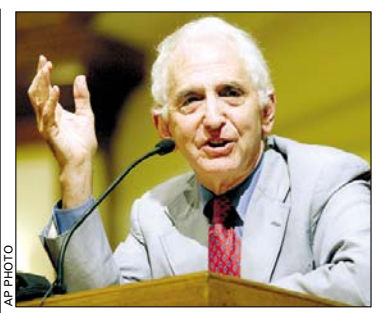
WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Today in History

1900 China's Boxer Rebellion targeting foreigners, as well as Chinese Christians, erupted into full-scale violence.

1966 The Supreme Court issued its landmark "Miranda" decision, ruling that suspects had to be informed of their rights prior to questioning by police.

1971 The New York Times began publishing the Pentagon Papers, a secret study of America's involvement in Vietnam.



AP PHOTO

Daniel Ellsberg released the Pentagon Papers to The New York Times.

1986 Benny Goodman, the clarinet-playing "King of Swing," died in New York at the age of 77.

Look out | People

HIROKO MASUIKE/AP

Don't just look at each other; wave!

PARADES

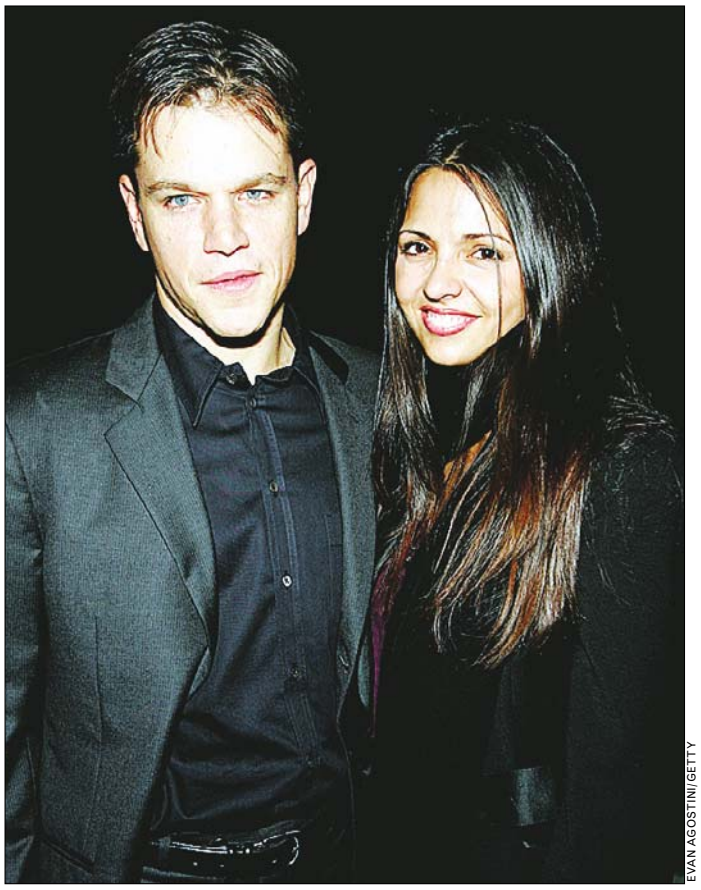
J. Lo Learns Beauty of Elbow, Elbow, Wrist, Wrist

JENNIFER LOPEZ and **MARC ANTHONY** lent Hollywood glamour to the Puerto Rican Day Parade on Sunday. "The Puerto Rican parade has been a long-standing tradition in my life. It was an event that I looked forward to every single year," said Anthony, who led the parade with Lopez and Mayor Michael Bloomberg. (AP)

WEDDINGS

Vaguely Famous Actor Gets Wedding in the Paper

OLIVER HUDSON — brother of Kate Hudson, son of Goldie Hawn, and an actor in his own right — has tied the knot. People Magazine reported on its Web site that Oliver Hudson married actress Erinn Bartlett on Friday. The couple wed in a seaside ceremony in Mexico that was performed by a Buddhist friend of the family. Hudson, 29, and Bartlett, 33, had been a couple for five years and engaged since February 2004 (AP)



EVAN AGOSTINI/GETTY

BIRTHS

Babies! Babies for Every Celebrity!

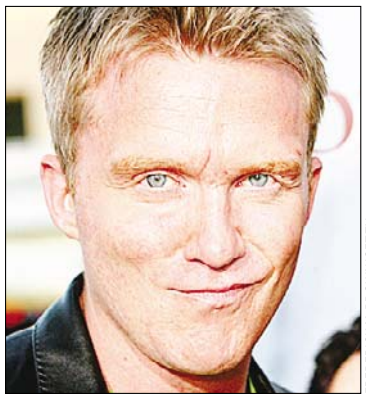
MATT DAMON and his wife, Luciana Bozan, are the parents of a baby girl, Isabella, their first child, the actor's publicist said Monday. "Mother and baby — everyone — is wonderful, fine," publicist Jennifer Allen said. The baby was born Sunday in a Miami hospital, Allen said. No other details were released. The couple were married Dec. 9 in New York City during a private ceremony attended by the bride's daughter, Alexa, then 7, from a previous marriage. Damon's upcoming films include "Ocean's Thirteen" and "The Bourne Ultimatum." (AP)

LAWSUITS

'It Was My Idea to Have Two People!'

Learn to love the self-tanner, Jack. And conditioner.

A trial began in Detroit Monday on a federal lawsuit by a producer who says he played a pivotal role in creating the signature sound of the two-person rock band **WHITE STRIPES** when he worked on their first two albums, and wants a share of the royalties. Jim Diamond is listed as co-producer on the band's self-titled first album, released in 1999. He is listed as sound mixer on "De Stijl," released in 2000. The trial started Monday with jury selection and was expected to take about a week. The White Stripes deny that Diamond helped create the band's style. (AP)



FREDERICK M. BROWN/GETTY

He once saw Molly Ringwald's panties. Now he sees into your future.

MEMORIES

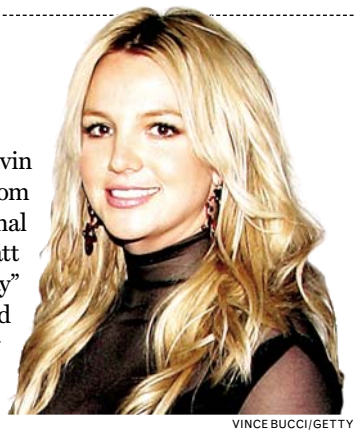
TNT's Core Audience Talks

ANTHONY MICHAEL HALL, who played the awkward geek in '80s teen movies "Sixteen Candles" and "The Breakfast Club," says he does not try to forget his early career. Hall said he's matured as an actor on sci-fi series "The Dead Zone," and appreciates connecting to a new group of fans. An elderly woman grabbed him once and said, "'I don't know if I should touch you, but I had to touch you,'" he recalled, laughing. "I get a lot of joy out of that." (AP)

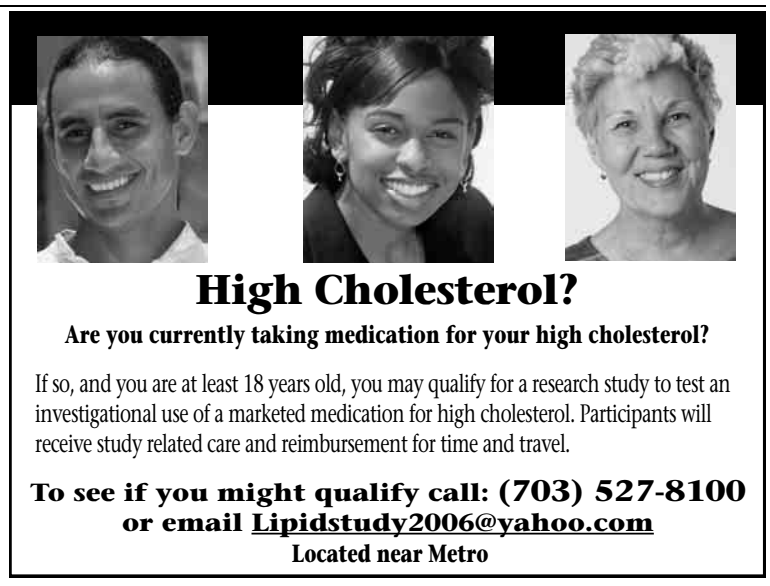
INTERVIEWS

And Now, Your Recommended Daily Allowance of Britney

BRITNEY SPEARS says her marriage to Kevin Federline is "awesome," and scrutiny from the paparazzi has made her an "emotional wreck." In an interview with NBC's Matt Lauer to be aired Thursday on the "Today" show and "Dateline," Spears defended her parenting skills, saying, "I know I'm a good mom." The singer also said she feels like a target. (AP)

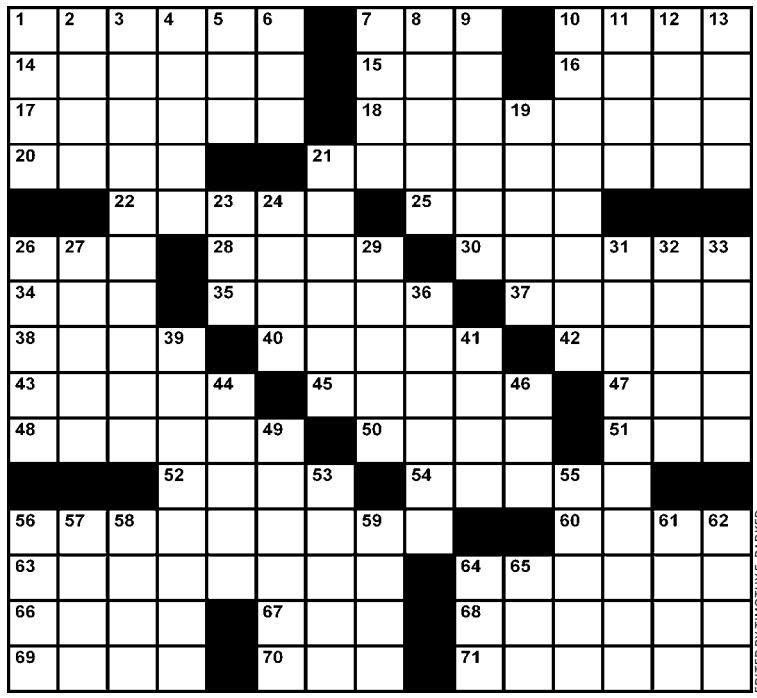


VINCE BUCCI/GETTY



Look out

Taken To The Cleaners

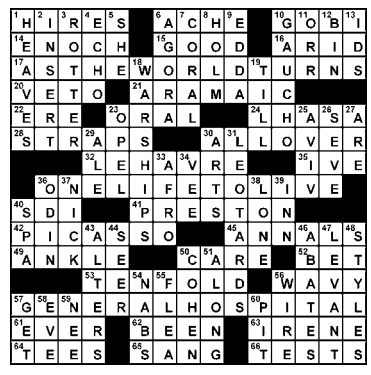


ACROSS
1 Untamed one
7 Vet's memory, perhaps
10 Lava lamps and such
14 To some extent
15 Aviation hero, e.g.
16 "___'Clock Jump"
17 Story setting, e.g.
18 Part of NASDAQ
20 The sky, to Atlas
21 Where a pitcher may rest
22 Equivalent of a pitcher's nod to the catcher
25 Oodles
26 DeLuise of comedy
28 "Odyssey" is one
30 Scribble aimlessly
34 Put-on
35 The merry widow in "The Merry Widow"
37 More factual
38 Take the show on the road
40 "Peachy keen!"
42 Genesis name
43 Part of a dying fire
45 Name of a noted sheep
47 Sugar amt.
48 Teeter-totter
50 Mentor in spiritual topics, perhaps
51 CEO's transport, perhaps
52 Theater prize
54 Clement Moore's "right jolly old elf"
56 Operating room apparel
60 Feedback of a sort
63 Speedy messengers
64 Type of apartment
66 Fuel cartel
67 Mix of oaters
68 Claim
69 Walk in up to the ankles
70 CIA precursor
71 Sat a spell

DOWN
1 Missile storage
2 Soon, bard-style
3 Old-time radio part
4 Covered
5 Square-dance partner, perhaps
6 Mr. Potato Head part
7 Zola novel
8 "... with ___ of thousands!"
9 System
10 Dog-tired from hiking, e.g.
11 Diva Moffo
12 One in Frank's Rat Pack
13 Word that closes the bidding
19 Comeback in a kids' argument
21 Yammered, e.g.
23 Beginning of "Nowhere Man"
24 Well-briefed about
26 Parts of history tests
27 Entreaty to "all ye faithful"
29 Hellos and goodbyes, Italian-style
31 Novel protection
32 Buy alternative
33 Emulate Dante's Peak
36 Finally
39 It can be drawn on
41 First name in Olympic gymnastics
44 Yeshiva leader
46 It's tender in Tokyo
49 Not taken in by
53 New currency on the Continent
55 Goes public
56 Garbage barge, e.g.
57 Manilow song setting
58 Felt repentant
59 Distinctive practices
61 Beyond large
62 Newspaper section
64 Kind of dance or bride
65 Ginger follower

EDITED BY TIMOTHY E. PARKER

Yesterday's Solution



Su|do|ku

Degree of Difficulty: MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. For solution, tips and computer program, see www.sudoku.com

Need more Su|do|ku? Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section every Monday through Saturday.

	4	2		5			9	
5						8		
1	7			4				2
			9					
	9		2	1	5		4	
					6			
8				7			6	1
		7						5
	5			2		4	7	

©PUZZLES BY PAPPOCOM

Yesterday's Solution

9	8	2	4	1	6	3	5	7
7	6	5	9	8	3	4	2	1
3	1	4	7	2	5	9	8	6
4	9	3	8	5	1	7	6	2
2	7	8	3	6	9	1	4	5
6	5	1	2	7	4	8	3	9
8	4	6	1	9	2	5	7	3
5	3	9	6	4	7	2	1	8
1	2	7	5	3	8	6	9	4

express

PUBLISHER—CHRISTOPHER MA | GENERAL MANAGER—ARNIE APPLEBAUM | EDITOR—DAN CACCAVARO | DEPUTY EDITOR—GREG BARBER ART DIRECTOR—SCOTT MCCARTHY | NEWS EDITOR—MATT SWENSON | SECTION EDITORS—JENNIFER BARGER, ARION BERGER, VICKY HALLETT, IAN HERBERT, MAUREEN HOCH, CHRIS MINCHER, HOLLY MORRIS, KRISTEN PAGE-KIRBY, CAITLIN THOMPSON | WEB EDITOR—MICHAEL GRASS | EDITORIAL DESIGN—SCOTT ROSENBERG | PRODUCTION—MATHEW LIDDI | PHOTO—MARCIA HARDER | PHOTOGRAPHER—MICHELLE REPISO | CONTENT DEVELOPERS—TIM FOLLOS, DARONA WILLIAMS | PUBLISHED BY EXPRESS PUBLICATIONS COMPANY, LLC PO BOX 17370, ARLINGTON, VA 22216 | A SUBSIDIARY OF THE WASHINGTON POST COMPANY | MAIN NUMBER: 703-469-2800 | FAX NUMBER: 703-469-2831 | CIRCULATION: 202-334-6992 OR E-MAIL CIRCULATION@READEXPRESS.COM | ADVERTISING: CALL BOB KEENAN AT 202-334-6025 OR E-MAIL ADS@READEXPRESS.COM | CLASSIFIED ADVERTISING: 202-334-6200

Certified Audit CAC of Circulations

NEED A LOAN?

Marianne Segura is a neighbor providing home and commercial mortgages with the highest levels of professionalism and service.

- Local lender
- Hundreds of different loan programs
- Creative solutions to special financing needs
- Low closing costs
- Experience and knowledge

For every closed loan, Marianne donates $100 to the Center for Missing and Exploited Children.

Marianne Segura
(202) 439-5506
msegura@homefirstmortgage.com

HomeFirst Mortgage Corp.
207 S.Alfred St. • Alexandria, VA • 22314
Equal Housing Lender

GW COLLEGE OF PROFESSIONAL STUDIES

PARALEGAL STUDIES

In demand. Join one of the fastest growing professions in America and be valued and compensated for your expertise.

Powerful credentials. Earn the 18-credit *Paralegal Studies Graduate Certificate* or continue your study and transfer all 18 credits to a 32-credit Master's degree.

Outstanding access. Draw from the renowned resources of GW's Law School and government leaders, dignitaries, and corporate and financial executives.

Convenient. Evening courses offered in short 8-week sessions. Complete your Graduate Certificate in 6 months or your Master's in 18.

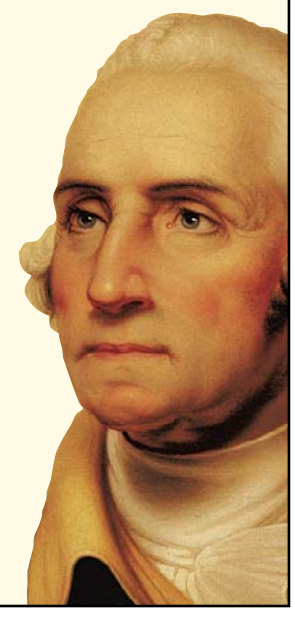
Just need a course? Take one or more of the elective courses in *Government, IP, or International Law.*

Information Session
Tuesday, June 27
6:30 pm
716 20th Street, NW
1st Floor Law Library
Washington, DC
Metro: Blue or Orange Line to Foggy Bottom-GWU

Rsvp Today!
202.973.1130
www.cps.gwu.edu

THE GEORGE WASHINGTON UNIVERSITY
WASHINGTON DC

BRING US YOUR AMBITION.
www.gwu.edu/gradinfo



31245

THE GEORGE WASHINGTON UNIVERSITY IS AN EQUAL OPPORTUNITY/ AFFIRMATIVE ACTION INSTITUTION.

No bank offers you more convenience.

- The most branches.
- The most ATMs.
- Sunday hours in Giant Food supermarkets.
- FREE Direct Deposit Checking.*
- FREE Online Banking and bill payment.
- FREE coin-counting service.

Visit any branch, call us at 301-987-BANK or 1-800-987-BANK (out-of-area). Or visit us online at *chevychasebank.com.*

*There is no minimum balance requirement and it's free as long as you have a monthly direct deposit into your account.

The Leading Local Bank

CHEVY CHASE® BANK

EQUAL HOUSING LENDER

Member FDIC

fit

PHYS ED

Packing It In

Don't forget to sweat on your summer vacation. We'll show you how hotels can help you out | E4

PHYS ED

Sail Away

Hoist up your sails and learn how to harness the power of the wind in just two days | E5

express | EXERCISE, NUTRITION, WELLNESS AND MORE TO HELP YOU LOOK AND FEEL YOUR BEST | JUNE 13-19, 2006

Cart Smart

Wise up about supermarket shopping | E7

GETTY IMAGES

PLUS: Can your blood type really affect what kinds of food you should be eating?

BaggageCheck

GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

Big Lies and the Lying Liars Who Tell Them

Q A friend of mine and I have a habit of going to bars and making up names and stories for ourselves. We have occasionally done this in situations that we shouldn't have. A few months back we did this at a happy hour in a bar that was also hosting a networking event. It turns out that now one of the guys I talked to works in my office. If he remembers me, he hasn't let on, but I'm taking it as a wake-up call. I'm wondering your take on this behavior. —GUILTY

ERIC REECE

What is this, "Three's Company?"

When you lie to someone, even if it's "all in fun" (to you!), you run the risk of being caught in that lie. A fleeting "The name's Penelope!" here and there is probably a victimless crime, and may be a nice way to blow off steam, evade a Leering Larry, or indulge in some escapism. But to concoct an entirely new identity, complete with everything but fake orthodontia records, and to do this repeatedly, reeks of something else. Severe, agitating boredom? Denial? Anger? The need to manipulate? Not to mention perhaps bellying up to the bar a few times too many. Many psychological issues are defined as problems when they cause complications in areas of daily functioning. Unfortunately, you've seen how this little "habit" can jeopardize your professional life, and obviously your social one. Try to give some serious thought to why this became such an addictive game to you. In time, you may realize what "My name is Agatha, and I play the harp" is trying so desperately to cover up.

Q I am a "mail order bride" that my husband "received" from Poland seven years ago. I liked my husband, and fell in love with him and was working hard to make him happy. Probably not hard enough — I made him absolutely miserable. He doesn't believe I am with him because I love him, and my husband's relationship with my daughter was so tense that she and I had to move out, because the fights they had were unbearable. Now I am running between my man and my child, trying to satisfy both. Do you have any good advice for me? —DESPERATE, DC

If I could get one message across to you, it's that you must stop what amounts to a hostile takeover of your identity and your life.

I hear so much in your story about making everyone else happy, and am left with the impression that you have sacrificed every bit of yourself at the rather chaotic altar of your family. You love your husband and your daughter, and you're struggling day in and day out to contort yourself to please them — and that has left you feeling alone, unsupported, and, dare I say it, unloved. At the risk of channeling Ricky Nelson, you'll never be able to please them until you believe that you deserve to be pleased yourself. Individual counseling can help you get there, to uncover the woman who is hidden under everyone else's conditions and expectations. Family counseling is also imperative, since keeping your family intact is presumably part of what will make that person happy.

> You'll never be able to please them until you believe that you deserve to be pleased.

Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D. at **baggage@readexpress.com**. This column is not a substitute for one-on-one care.

HOPKINS HOUSE
FOUNDED 1939
A Learning Center for Children and Families

An Evening With Senator Barack Obama
On Family, Fatherhood, Faith and Leadership

Wednesday, June 21, 2006
Reception and Dinner
6:30pm
Hilton Alexandria Mark Center
5000 Seminary Road
Alexandria, VA 22311

Buy your ticket today!

Call Today To Purchase Tickets
(702) 549-4232
For Information about Hopkins House visit
www.HopkinsHouse.org
1224 Princess Street, Alexandria, VA 22314

Special Guests: *Minnie Howard 9th Grade students, T.C. Williams High School students, and Hopkins House Alumni.*

Sponsored By: *CFA Mortgage, James N. Dresser, Mary Jane Maddox, William D. Euitte Foundation, Choice Title & Escrow, Minuteman Press, Christopher Consultants, Ltd., and Hyjek & Fix.*

Proceeds benefit Hopkins House programs for children and families. Hopkins House is a 501(c) (3) non-profit organization.

WeekendPass makes the weekend noteworthy.
Every Thursday in Express.

XX143bC 3x1

Chi is energy
get some...
ChiRunning®
ChiWalking®
www.capitalchi.com
Group Workshops, Individual Instruction & Corporate Programs
202.378.8739
CHI RUNNING
Conserve Energy
Reduce Injury
Create Balance
CHI WALKING
Energize your life!

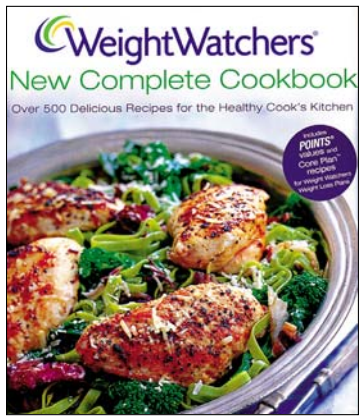
Goods | fit

Everybody Cut Footloose

SUMMER IS KILLER FOR FEET. You're traipsing about town in flip-flops or blister-causing sandals with little support and then you come home with sad soles. The bottommost part of your body will forgive you, though, if you present it with a HoMedics Foot Pleaser Ultra ($40). Rotating balls offer the perfect amount of pressure, and although the infrared heat isn't super powerful, it's mildly soothing. If it weren't for the faint whirring noise, you could stash it under your desk.

NEW IN HEALTH **warm ups**

Skim Cookbook, Get Skinny



EVEN IF YOU'RE NOT counting points or watching poundage, the Weight Watchers New Complete Cookbook (Wiley, $30) is a compendium of healthy, yet yummy, recipes. Most of the dishes are quick and are made with common ingredients, with the emphasis on fresh veggies, lean meat and whole grains. Each recipe lists the number of Weight Watchers points; for those not following an official program, the complete nutritional information is also included alongside each recipe. The binder-style book lies flat and comes with tab dividers, so you can quickly flip between Pan-Braised Broccoli Rabe and Vietnamese Turkey Wraps. Serving size guides mean you won't overeat your allotment. But the best part of the book is the variety: So many flavors mean there's no way for your taste buds to get bored.

Lifting Hurts? Pad Your Palms

MACHO DUDES MAY NOT MIND ripping calluses into their skin in the name of benching hundreds of pounds, but sane lifters (of both genders) can pump iron while protecting their hands with Bionic Fitness Gloves ($40, bionicglove.com). Extra comfy padding where the weights often dig into the bone — at the top of the palm and next to the thumb — made it easier for our tester to take on heavier dumbbells. But would the avowed anti-glove guy switch? Nope, he was just too macho for that.

Uncola Overhaul

IF DIET COKE FLOWED forth naturally from a stream, thirsty pilgrims would flock there to slurp up the Earth's bounty. Right, but it doesn't do that, and in fact many sodas are extremely artificial (albeit tasty). That's no longer the case with 7UP, which has ditched its artificial flavor preservative and other fake ingredients to go au natural. The new bubbly refreshment tastes similar to its previous incarnation with perhaps a touch more "crispness," although that could be psychosomatic. But don't expect the reworked recipe to make the drink any healthier — a serving size will still set you back 100 calories and 25 grams of sugar.

PRODUCTS

GuineaPig

Lip Service to Stop Smokers

WHEN THEY BID ADIEU TO cancer sticks, smokers often turn to the patch or the gum to curb their cravings. But what about the balm? Can spreading gook on your lips keep them from wanting to let a cigarette dangle between them? That's the promise of the treatment from Stop ($10, omegatechlabs.com), a blend of jojoba, almond, peppermint, evening primrose, cinnamon, black pepper and more.

Our tester, who's been trying to stave off the urges, gave it a go during a stressful day at work. The herby smell was pleasant, but putting it on wasn't. She likened the painful tingle to a previous bad experience with lip plumper. And she thought it would at least moisturize her mouth with each application (and there were many because she followed instructions and slicked on a new coat whenever the nicotine need hit). Instead, though, her lips dried out. Plus, it tasted gross — like grosser than ChapStick.

She guessed the strange sensation in her lips was supposed to keep her mouth occupied and convince her not to puff, but it didn't do the trick. That night, even while still wearing the balm, she broke down.

VICKY HALLETT (EXPRESS)

Have Fire, Will Travel

Find a camp stove to stuff your belly, not your backpack

A POWERBAR MIGHT fuel a short hike, but overnight treks require more elaborate food prep, preferably a hot meal or two. Open fires are banned in many parks, but an easy-to-pack stove lets you boil water for pasta or heat a pan for eggs. "Even if you have a fire, you'll still want morning coffee," said Outside editor Dennis Lewon.

Lewon recommends considering the type of camping you do before buying a stove. Car trekkers tote heavier cooktops, often with two burners. "Make sure they fit your pans," he said. Lewon likes cookers with automatic ignition, which eliminate Jack London-style scrounging for matches.

HOT TO TROT: Jetboil's compact stove

Backpackers should go for ultralights — teeny heat-em-uppers whose weight is often measured in grams, not ounces. "And decide if you want a model that uses propane canisters or liquid fuel," he said.

Lewon overnights with a Jetboil ($110, jetboil.com); Shenandoah National Park's Steve Bair sees Appalachian Trail hikers with Bunsen burner-like Sierra stoves (zzstove.com), which burn pinecones and twigs. "They'll even take cow patties — which is pretty handy," he said. JENNIFER BARGER (EXPRESS)

VITALSTATS

51

PERCENT OF PEOPLE SURVEYED ON EDIETS.COM WHO BELIEVE THEIR FRIENDS PURPOSELY SABOTAGE THEIR DIETING EFFORTS.

fit | Phys Ed

THE EXPERTS

TrainReaction

Push Yourself

Q I want to lose fat by lifting weights, but I just keep getting bigger. When will it go away?

ONE OF THE BEST WAYS to lose body fat is through resistance training. So focus your efforts at the gym on your strength training before you intensify your efforts on losing fat. In the process, you may have a tendency to overeat, thus derailing your weight loss. Not to worry; by building muscle first, you are speeding up your metabolic rate. All that fat will melt away once you enter your fat loss training period. Start reducing your caloric intake and increase your aerobic activity. You will lose one pound of fat each week if you burn 500 calories more than you take in each day — so watch your diet too. Keep your heart rate at 65-85 percent of your max (220-age) for a minimum of 20 minutes. With the extra lean mass you gained from lifting, your fat will begin to disappear.

Matthew Blair Davis is an award-winning personal trainer and president of Functional Revolution Fitness (functionalrevolution.com), which provides private personal training for Northern Virginia and D.C. E-mail him at matt@functionalrevolution.com.

Bodies in Motion

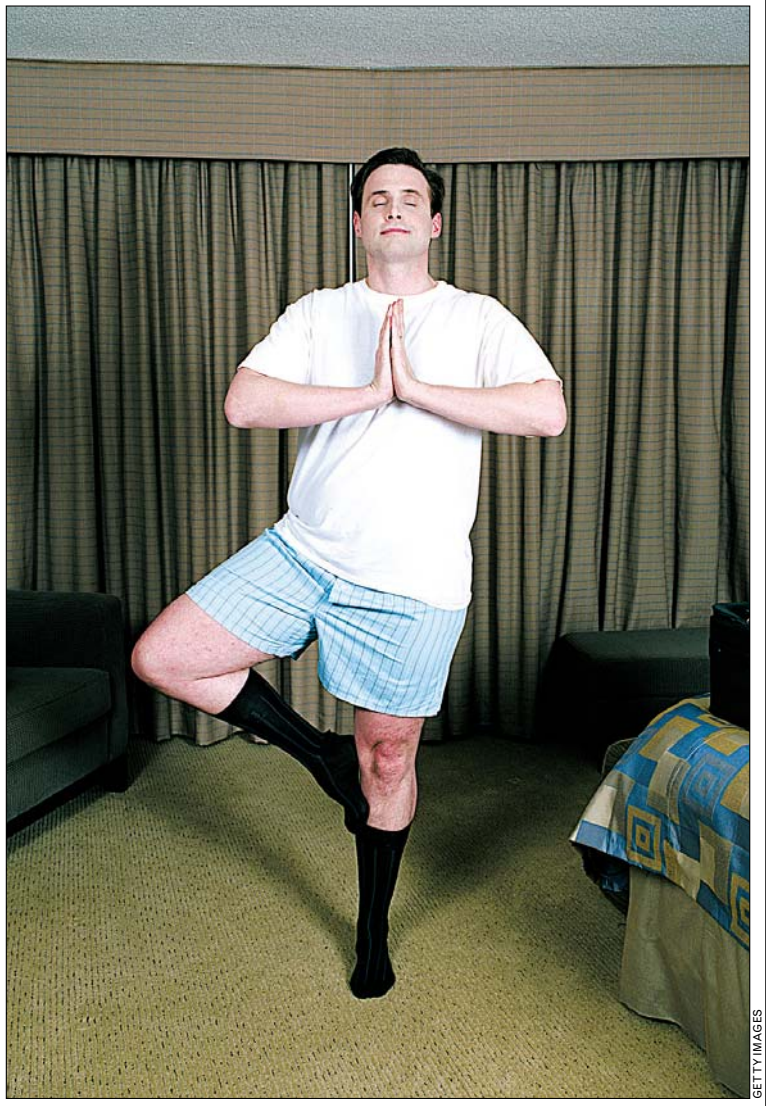
Add some toning to your tanning this vacation

What happens in Vegas, stays in Vegas — unless you chow down on buffets and sit on your tush in front of a slot machine all day instead of visiting the gym. Then you'll be lugging home a few extra pounds as a souvenir.

Whether your vacation plans this summer whisk you to Sin City, Singapore or Salamanca, it's hard not to let your self-imposed ban on ice cream slide or to forget about those daily crunches. But if you forget to pack in some exercise, you may return from your relaxing getaway feeling yucky. That's why frequent fliers extol the virtues of on-the-road exercise.

As he hops about the globe, Peter Greenberg, travel editor of NBC's "Today" show, has one constant. After check-in, he skips scoping out his digs to meet with a trainer. "If I don't immediately go to the fitness center, I won't go," he said. In his new book "The Traveler's Diet," he details his ongoing plan to drop weight while seeing the world. He dishes on how to motivate yourself to sweat, as well as what to eat at the airport (apples and water, not Cinnabons), at the hotel (nothing in the minibar) and on the cruise (skimp on the booze).

As Greenberg explains, your hotel may be your best ally in the battle of the bulge, since many major chains are flexing their workout facilities' muscles to lure guests. If you check into a Marriott, staffers can hook you up with one of the hotel's Fit For You kits — simple, but effective exercise equipment you can use in your room. At New York's W Hotels, you can borrow an iPod loaded with an outdoor running guide full of sightseeing tips. StayFit@Hyatt offers a unique concierge service: They'll pick up workout gear for guests. And once you're dressed, you can check out a GPS system to go for a jog through unfamiliar streets.



GETTY IMAGES

Just this month, Hyatt also launched a yoga turndown service: A card on the bed directs guests to a free 11-minute practice accessible via the room's TV that helps them relax and prepare for sleep. It's part of Hyatt's partnership with YogaAway, which develops made-for-TV routines and offers classes in the hotel chain's spas. To founder Bija Bennett, yoga is the perfect regimen for travelers, in terms of its mental and physical benefits. Plus, you can do downward dog in your pajamas in your room.

"I always say your personal gym is right here," Bennett explained, meaning that the only weights you need are in your body. Expect to see YogaAway mats hanging alongside bathrobes in Hyatt rooms soon.

If all else fails, run the hotel stairs and use your luggage as weights.

Not all hotels are so accommodating. Some boast fitness centers that are nothing but window-less boxes. But Kimberly Robson, the always-traveling national field director for People for the American Way, has developed a routine she can do anywhere.

"I have on a couple of occasions found myself running the hotel stairs," she said. "It's not snowing, raining or cold there." She then does lunges down the hallways.

For his work at Booz Allen Hamilton, Michael Fields is on the road 60 percent of the time. He's learned that breaking a sweat the way he would at home is key to feeling shipshape. To make up for any missed workouts, he'll hoof it rather than go for a cab, and he keeps PowerBars handy to avoid temptation when he's eating at irregular hours. The runner and soccer coach doesn't jog on days after he's flown, though. "It's too hard on my joints," he said.

And taking a day off while you're on holiday isn't such a terrible idea. After all, you'll be more rested to push yourself harder tomorrow. VICKY HALLETT (EXPRESS)

VITALSTATS

1.5

LITERS OF SWEAT PER HOUR ADOLESCENT BOYS LOSE WHILE PLAYING INTENSE SOCCER IN THE HEAT, A UCONN STUDY REPORTED.

running for congress

Rep. Tom Allen

STICKING TO A ONE MILE RUN followed by a vigorous, full-body weight lifting routine five days a week has kept Rep. Tom Allen (D-Maine) at the same weight since college. Of course, his fitness may also have something to do with his avoidance of donuts and pizza. V.H.

"The only way I'm sure I'm going to have time to work out is if I do it in the morning. There are some people who play basketball in the afternoon, but I've found there's too much going on then."

"We have this family farm and when I'm there I use the chain saw and I clear brush when it's necessary. And I go fly fishing in Maine. That's a great wrist workout."

"I used to do races 15 to 20 years ago, but then my wife said to me, 'Every time you run a race you get injured.' It was true — the competitive juices start to flow and then some tendon or ligament would protest."

"I still think I'm 18 when I'm racing, but it turns out I'm not."

Phys Ed | fit

Get a Grip of the Ship

Sailing lessons will teach you the ropes of boating

If your childhood lacked summers on the Vineyard tooling around in daddy's dinghy, it's not too late to take to the waters. The Washington Sailing Marina sits on the Potomac and offers quickie classes for adults (as well as separate ones for kiddies). Pay attention and, by the end of the weekend, you'll have mastered the basics well enough to take out a boat on your own.

MICHELLE REPISO/EXPRESS

Work it Out

Washington Sailing Marina (1 Marina Drive, Alexandria, Metro: National Airport). The two-day course is offered some weekends through October. It meets 9:30 a.m.-3:30 p.m. Saturday and Sunday, $225. For more information, call 703-548-9027, washingtonsailingmarina.com.

WHAT IT IS: Camp for adults sums up the vibe, with everyone getting divvied up into the boats (19-foot skipjacks) toting their water and snacks. The instructors are patient with their charges, repeating directions when necessary and taking over in sticky situations. But generally they just chill and let the students get a feel for the wind. You'll start by learning how to raise the sails, then you'll push off and take turns manning tasks in the water. If you luck out with weather, you may head to the Fish Market or down to Old Town to grab a bite. And then you can attempt the hardest part of sailing — docking.

WHAT IT IS: Every part of a sailboat has a name, some of which you'll know already (the mast), some of which you'll learn quickly (the sheets, aka the ropes attached to the sails) and some of which you'll hear and forget (the clew, one of the bottom corners of a sail). It pays to commit them to memory if you want to understand your instructor. Plus, did we mention the final exam? Don't stress over the test, but you'll need to know your lingo, as well as how to move your sails given various situations.

WORKOUT: Sitting around in a boat all day won't burn a ton of calories, especially if the wind is light and you're bobbing around in place. (Be prepared for that to happen, though. That's when you'll really bond with your boat mates.) But when the wind whips up, it takes more strength to pull in the sails and you'll find yourself ducking to avoid the swinging boom — that's the big metal horizontal pole. Just being outside all day is enough to wipe you out, and that Saturday night you're probably going to crash no matter what.

CROWD: Anyone over the age of 16 is welcome to sign up, but the crowd when we visited was definitively on the middle-aged side. Some people have never touched a tiller; others may simply need a refresher from their summer camp lessons decades ago.

GARB: Checking the weather is crucial because you'll be out on that boat for hours at a time, even if you get too cold or too sweaty. Layers are ideal, but remember to slather on sunblock when you peel them off. And even if the forecast calls for sunny skies, stick some rain gear in your car just in case. The classes sally forth no matter the weather.

VICKY HALLETT (EXPRESS)

expressercise

COMMUTE AND CUBICLE CONDITIONING

Desk Squats

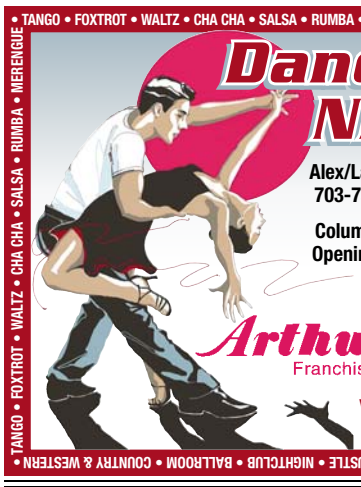
WORKS YOUR: Glutes, hamstrings.

EMBARRASSMENT FACTOR: Low

- If you need to squeeze in an at-work workout but can't leave your desk without angering your boss, perform squats with your chair.
- Stand up straight and extend your arms forward. Then lower your butt gradually down so it's almost touching the chair.
- Pause, then slowly return back to the starting position. And if anyone walks in, simply drop back into your seat and stare at your computer like nothing happened.

Yaz Boyum (yazinc.com) works with clients at Georgetown's Definitions.

• TANGO • FOXTROT • WALTZ • CHA CHA • SALSA • RUMBA • MERENGUE • SAMBA • MAMBO • SWING • HUSTLE • NIGHTCLUB • BALLROOM • COUNTRY & WESTERN •



Dance The Night Away!

Alex/Landmark 703-751-4336
Tysons Corner 703-556-0088
Bethesda 301-657-2700
Columbia, MD Opening Soon!
Silver Spring 301-681-4466
Gaithersburg 301-590-0387

Arthur Murray® Franchised Dance Studios

WWW.ARTHURMURRAYDC.COM

What you do on the dance floor is our business!

GET THE WEIGHT OFF NOW!
REDUCE INCHES NOW IN OUR RUN/WALK AND LIFT PROGRAM
Intense Strength Training, High Protein - Carb Conscious
Get Your Shape Back! Get Firm And Tight!

- Avoid the crowds – 6 per group to 12 per group
- Special classes for 40+
- Cardio
- Lose 3–4 dress sizes
- MEN Get Your Physique Back
- Fitness programs for obese children ages 12-17
- Kids, get in shape for back to school & sports

Call G.I. Jane and buy a spot!
Open Mon-Thu 6 am – 8 pm

GI JANE BOOTCAMP
202-547-7906
426 8th St. SE, Eastern Market Metro
WWW.GIJANEFIT.NET

fitness & health, LLC
Personal Fitness Training
one-on-one individual health & fitness training
Tysons/Vienna Area, 5 minute walk from metro, serving DC, MD, NOVA
703-207-1696 (private studio)

- VO-2 Fitness Testing
- Endurance Training
- Strength & Exercise Training
- Weight Management - Nutrition
- Senior Fitness
- Fitness Therapy
- Fitness for Physically Limited

Complete Health and Fitness Evaluation at Regular Cost and Qualify for a FREE Metabolic Test, a $149 Savings
bodybody fitness & Health
Vienna
703-207-1969
With this coupon. Not valid with other offers or prior purchases. Limited time offer, call today.

www.bodybodyfitnesshealth.com

BBB
Jeffrey M. Hollebrandt c.p.t. c.s.w.m.
"Good health is much more than just not being sick."
VISA

Rent out your place in Express.
Place your Classified ad today.
202-334-6200.
express
www.readexpress.com
Classified ads appear in Express and The Washington Post.
X167I 2x1.5

STUDIES

Stethoscope

I'll Drink to That

Grabbing a few brews with the boys might not be such a bad idea. According to researchers at Oregon State University, there's a compound found in hops called xanthohumol that may prevent prostate cancer and enlargement. But the bad news — unless you're a frat guy who regularly does keg stands — there's such a small amount in beer that you'd have to chug 17 to get any benefit. Down the road, drug companies may develop pills with higher concentrated doses of the compound, but bars probably won't sell them.

When to Hold 'Em

Want to keep your baby from crying? Try holding him more. Or less. A study that appears in the June 2006 issue of "Pediatrics" found that babies held 15 hours a day cried more at night and had trouble sleeping at three months, while infants held just 8.5 hours a day cried the most at two weeks and five weeks. But while there were differences, they found that babies cry a lot no matter what.

To the Naked Eye

Hold on to your reading glasses — they may be a unique antique in a few years if a new surgery lives up to its promise. According to HealthDay News, University of Michigan researchers have developed a non-invasive procedure to fix presbyopia, which hits many people over the age of 40. The surgery, which they've already successfully tested on pigs, relies on lasers and tiny bubbles to reshape the lens to become more flexible and focus better, especially on close things.

Mental Maneuvers

Quit playing mind games and boost your brain with exercise

Of all the things you've got on your mind, your mind probably isn't one of them. But now that you've started blanking on your own cell-phone number, maybe it's time to start thinking about it. Luckily, there are ways to strengthen your brain the way you build your abs. All it takes is a quick six-step diet and exercise plan that will restore your skull-covered hard drive to its maximum power.

Your Heart

The reason you misplace keys? Normal aging shrinks neurons (brain cells) and drains neurotransmitters (the messengers that communicate between and among cells). But getting your heart rate up can reverse this process by increasing blood flow to the brain to improve memory and overall brain function, says Arthur Kramer, Ph.D., a professor of cognitive neuroscience at the University of Illinois. His patients improved 10 to 15 percent on a variety of memory and attention tasks after exercise. You can reap benefits from as little as walking 30 minutes three times a week.

Your Back

A recent Northwestern University study found that people who suffered from chronic back pain lost up to 1.5 cubic centimeters (equivalent to 1 teaspoon) of gray matter per year. That's because the area of the brain that copes with the stress of the pain becomes depleted and dysfunctional enough to affect emotional decision-making, says A. Vania Apkarian, Ph.D. Best way to beat back pain: build muscle in your lower back and abdominals to support the spine. Try the reverse trunk curl. Lie flat on your stomach and fold your hands under your chin. Lift your chin and chest off the floor about 3 to 6 inches. Aim for three sets of 10 to 15 repetitions three times a week.

Your Waist

A body mass index below 25 not only means you'll look great in a bikini but that you'll be more likely to remember that you do. A recent Swedish study found that women who had a BMI of 27 (25-30 is considered overweight) were more likely to experience loss of brain tissue in the temporal lobe (that's your brain's main hub for memory function and one of the first areas affected by Alzheimer's). Extra fat generates more chemicals that can be toxic to your brain, says Deborah Gustafson, Ph.D., the lead study author and assistant professor at the Institute of Clinical Neuroscience in Sweden.

GETTY IMAGES

Apples

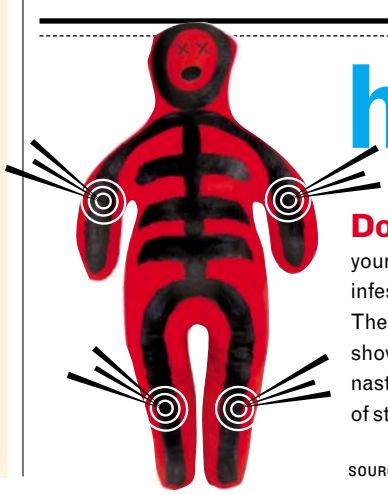
Researchers from Cornell University in Ithaca, N.Y., recently discovered that animal brain cells treated with the antioxidant quercetin were able to resist damage. "We know that quercetin, commonly found in apples, has a great potential to protect against chronic diseases, including Alzheimer's," says Chang Lee, Ph.D., the principal study author and chair of the department of food science and technology at Cornell. Since fresh apples contain high levels of quercetin, Dr. Lee suggests that one a day may help combat neurodegenerative diseases. Other foods high in quercetin include onions, plums, and berries.

Español

Knowing how to say "Yo quiero Taco Bell" versus knowing how to order your whole meal in Spanish may mean the difference of a few brain cells. A recent study from the University College London found that bilinguals have more gray matter than monolinguals. Where to start? The easiest second language to learn is the one you're most likely to encounter; for most, that's Spanish.

The Mall

In a recent study, researchers set out to find why 75-year-old women tend to maintain better brain function than 75-year-old men. The result: they shop. That's because shopping requires more physical and mental activity than sitting around and watching golf, says Guy McKhan, M.D., study author and professor at the Mind/Brain Institute at Johns Hopkins University. Deciding what to buy, for whom, and how much to spend is one way to keep your brain — and your eye for a bargain — active on weekends. CRISTINA GOYANES (REPRINTED WITH PERMISSION FROM WOMEN'S HEALTH MAGAZINE © 2005 RODALE INC.)



hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

Do you have joint pain and a fever? Has a mysterious rash broken out on your hands and feet? Have you been bitten by a weasel or recently spent time in a rat-infested area like an Adams Morgan alley? You might have contracted **RAT-BITE FEVER**. The illness, which is transmitted to humans in up to 10 percent of rat bites, sometimes shows up in biology-lab workers or city-dwellers who merely live near rat holes. The nasty condition, which can appear as long as 22 days apres-chomp, is caused by a form of streptobacillus present in healthy rodents. Penicillin and its ilk exterminates it.

SOURCE: NATIONAL ORGANIZATION FOR RARE DISORDERS, MERCK MANUAL. NOT A SUBSTITUTE FOR MEDICAL CARE.

Supermarket Sweep

Nutritionist Marion Nestle takes a mom's grocery cart for a whirl

Marion Nestle swings through the turnstile of a Vons supermarket near downtown Los Angeles, her observational antennae already on high alert. "Oh, my God!" exclaims the nutrition researcher, food activist and self-styled supermarket anthropologist, abandoning her cart and practically running down the front of the store.

Nestle, professor of nutrition, food studies and public health at New York University, loves food. In two books, "Safe Food" and "Food Politics," the outspoken professor took on topics such as industry influences on government food guidelines. Now she has written a practical book for consumers: "What to Eat: An Aisle-by-Aisle Guide to Savvy Food Choices and Good Eating."

Stick to the periphery of the store to find the necessities.

Americans are confused about food, Nestle says, and in large part she blames the food industry's powerful marketing, federal agencies interested in supporting that industry and supermarkets that have made a science of cluttering the path to healthful items you need (such as milk, always in the back of the store) with unhealthful items you don't (such as snacks, candy and sodas in the central aisles and at the front).

RICARDO DEARATANHA/LOS ANGELES TIMES

Marion Nestle, author of "What to Eat," separates the healthy from the horrible.

I needed to shop for my family of four, so I took Nestle along as adviser. We hit a Vons, but it could have been Safeway or Whole Foods, because most stores adhere to the same basic layout and rules.

Her first tip: Stick to the periphery of the store. That is where you will find the necessities to eat well. We begin in the produce section. Nestle suggests local produce because the longer it takes to move a food to where you buy it, the less "fresh" it is. Second choice would be certified organic — not for nutritional reasons but because organic farmers use fewer pesticides and keep the water cleaner and the soil richer.

We move on to the dairy section. She recommends 1 percent or skim to get the benefits of milk without the high saturated fats. Again, she is pro-organic. "If you don't want your kids to have milk with pesticides in the feed, or hormones from genetically modified cows, you buy it," she says. I buy it, but I pay about $1 more for a quart. That difference could quickly add up in a house with two small milk drinkers.

Next up: the seafood counter, probably the most nerve-racking part of the store for a health-conscious shopper. The messages about fish are so conflicting that it is hard to tell whether one is doing the family a favor by feeding them fish or poisoning them. Nestle's basic rules boil down to trying to buy wild, not farm-raised, fish and carry a fish information card (like the one at seafoodchoices.com) to help make your selection.

We head to the bakery, where Nestle says to find loaves stating they're 100 percent whole wheat, listing whole wheat flour as the first ingredient, and with at least 2 grams of fiber per ounce. Many commercial bakers add back wheat bran or cracked wheat to make white bread look like whole wheat.

We finally venture into the middle of the store for cereal. Nestle grabs a box of whole grain Peanut Butter Cookie Crisp cereal from General Mills. There on the box is a cartoon character and three manufacturer health proclamations — that it's a good source of calcium and whole grains with 12 vitamins and minerals. Nestle flips to the nutrition label and counts off at least seven kinds of sugar.

"I am just staggered by how the marketers dream this stuff up," she says, "by how they get away with this. And why people fall for it."

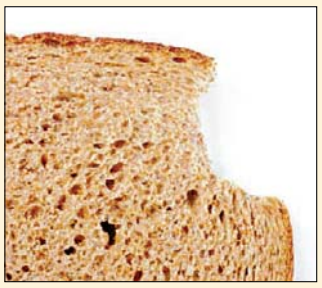
HILARY E. MACGREGOR (LOS ANGELES TIMES)

THE EXPERTS

ChewOnThis

Blood Suckers

Q I recently heard about the book, "Eat Right for Your Blood Type." Does our blood type really affect our metabolism? Does a person with type A really need to eat different foods than someone who's type O? Just curious.



The book claims that blood type O's should eat meat but no grains, blood type A's should be vegetarians, and so forth. But the buyer of the book should beware — there is no peer-reviewed body of evidence to back up these claims. And some people who follow the diet could miss out on important foods such as whole grains, which have proven health benefits like lowering cholesterol. Alas, loading up on fruits, veggies, whole grains and lean protein is still the best way to lose weight and fight disease.

Kristen Ciuba, MS, is the nutritionist at Results the Gym, in Washington, D.C. She also implements nutrition programs for local companies. E-mail her at nutrition@readexpress.com

Perfect Picnic Pick-Me-Up

■ ORANGE-CRUMBLED BAKED CHICKEN, serves 4

INGREDIENTS: 2 tablespoons orange juice; 2 tablespoons Dijon mustard; 1/4 teaspoon salt; 3/4 cup whole-wheat cracker crumbs; 1 tablespoon grated orange zest; 1 shallot, finely chopped; 1/4 teaspoon freshly ground pepper; Four 3-ounce skinless boneless chicken thighs

GETTING STARTED: Preheat the oven to 350 F; spray a nonstick baking sheet with nonstick cooking spray. In a small bowl, combine the orange juice, mustard and salt. On a sheet of wax paper, combine the cracker crumbs, orange zest, shallot and pepper. Brush the chicken on both sides with the mustard mixture, then dredge in the crumbs, firmly pressing the crumbs to coat both sides. Place the chicken on the baking sheet. Bake 15 minutes; turn over and bake until cooked through, 15 to 20 minutes longer. (Lemon juice and zest can be substituted for the orange.)

Per serving (1 thigh each): 179 calories, 16g protein, 20g carbs, 4g fat (1g saturated), 59mg cholesterol, 518 mg sodium

Want to Get in Shape?
30 Days to a Better You!
Lose Weight! Tone Up!
Feel Great! Have Fun!
ADVENTURE BOOT CAMP
WASHINGTON, DC
Register Today!
June Nearly Sold Out!
www.dcbootcamp.com
(202) 547-1202

cityhomes by CENTEX℠

SCENE

After 56 years and over 400,000 homes nationwide, we have launched our Cityhomes brand with the finest in urban environments, amenities, features, quality and value. Located within walking distance to the Courthouse Metro, The Scene in Arlington is the place to be. Visit us and see why the excitement has been building at CentexCityhomes.com.Enjoy life.

Enjoy Life.

now selling.

Arlington, VA

Scene Near Courthouse Metro Now Selling From The $400's.

- Luxurious ambience with grand lobby entrance
- Sophisticated lounge with state-of-the-art media dynamics
- 1 bedroom, 2 bedroom and 2 bedroom/den condominiums
- Incredible spaciousness ranging from 840 - 2,730 sq. ft.
- Gourmet kitchens with granite countertops and stainless steel appliances
- Gas fireplaces, exotic hardwood flooring and berber carpet
- Ceramic tile baths with Moen faucetry
- Expansive windows with sweeping urban views

For personal attention and to schedule an appointment Phone 866-259-3930.

Open Mon. 1-6, Tues.-Sun. 10-6. Brokers Welcome.
www.CentexCityhomes.com

A 2-year Fit And Finish Warranty.

Prices terms and availability are subject to change without obligation. This is not an offer in states that require registration. MHBR # 483 Cityhomes is a registered trademark/ service mark of Centex Homes, a Nevada general partnership. Cityhomes is not the developer or builder of Cityhomes communities but is merely a marketing brand utilized by Centex Homes and its affiliates for its urban condominium projects.
Developed by Scene at Hilltop, LLC

EQUAL HOUSING OPPORTUNITY